

Monday	Tuesday	Wednesday	Thursday	Friday
<p>**SAVE THE DATE**</p> <p><u>It's Time for Our 5th Annual FREE Health Fair!!</u></p> <p>St. Francis brings us their new Heart Health Screening! You will also have same day results for blood pressure, glucose levels, total Cholesterol LDL, HDL, & trigl. Plus the very knowledgeable, Jason Vinson, who is their Director of Pharmacy will be on hand to answer any medication questions you have.</p> <p>Fred's Pharmacy will also be here to giving flu shots. The flu shots have a nominal cost, however most insurance companies cover this shot.</p>				<p>1 10:30 am Balance & Strength 6:00 pm White Elephant Bingo & Potluck Supper</p>
<p>4</p> <p>Closed Labor Day</p>	<p>5 8:30 am Gentlemen's Coffee 9:00 am Sewing & Coloring 11:30 am NEW! Coding 2:00 pm Fitness Hoop</p>	<p>6 9:00 am Beg. Tai Chi 9:45 am Bible Study 11:00 am Beg. Aerobics 12:00 pm Games</p>	<p>7 9:30 am Chair Exercise 10:00 am MAGI 12:30-4:00 pm Games</p>	<p>8 9:00 am Share 10:30 am Balance & Strength 2-4 pm Helen Bishop 97th Party</p>
<p>11</p> <p>8:30 am Gentlemen's Coffee 10:30 am Easycise</p>	<p>12 9:00 am Sewing & Coloring 12:00 pm FREE Snack & Learn Jone's Orchard 2:00 pm Fitness Hoop</p>	<p>13 9:00 am Beg. Tai Chi 9:45 am Bible Study 11:00 am Beg. Aerobics 12:00 pm Mystery Lunch 1 pm Games</p>	<p>14 9:30 am Chair Exercise 10:00 am MAGI 12:30-4:00 pm Games</p>	<p>15</p> <p>10:30 am Balance & Strength 11:30 am New! Coding</p>
<p>18</p> <p>8:30 am Gentlemen's Coffee 10:30 am Easycise 12:00 am Movie</p>	<p>19 9:00 am Sewing & Coloring 12:00 pm Music w/ Glenn & Doug 12:30 pm Birthday Bash 2:00 pm Fitness Hoop 6 pm Garden Club</p>	<p>20 9:00 am Beg. Tai Chi 9:45 am Bible Study 11:00 am Beg. Aerobics 12:30 pm New! Photo Walk 1 pm Games</p>	<p>21 9:30 am Chair Exercise 10:00 am MAGI 12:30-4:00 pm Games</p>	<p>22</p> <p>10:30 am Balance & Strength 12:00 pm Art</p>
<p>25</p> <p>8:30 am Gentlemen's Coffee 10:30 am Easycise 12:00 pm Book Club</p>	<p>26</p> <p>9:00 am Sewing & Coloring 12:30 pm Howard Howell 2:00 pm Fitness Hoop</p>	<p>27</p> <p>8:30-11:30 am FREE Health Fair 12:30 pm Games</p>	<p>28</p> <p>9:30 am Chair Exercise 10:00 am MAGI 12:30-4:00 pm Games</p>	<p>29</p> <p>10:30 am Balance & Strength 6:30 pm Auction</p>