September 2016 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
PLEASE BE CONSIDERATE: IF GOING ON A TRIP - PLEASE DO NOT WEAR ANY PERFUMES OR LOTIONS..... MANY PEOPLE ARE ALLERGIC			**CENTER HOURS: MONDAY - FRIDAY 8:30AM - 3:00PM**	1 **9:00 Trip Indian Lakes Mall Lunch @ Sax Deli Shop at TJ Maxx, Kohls, Etc.**	2 9:00 AFEP Exercise 10:00 Tai Chi 11:00 S. Sneakers Yoga 12:00 Rook	3
4	5 **CENTER CLOSED**	6 9:00 AFEP Exercise 10:00 S. Sneakers Yoga 11:00 Jewelry Class **1:00 Bingo by Gentiva**	7 9:00 Line Dancing 12:00 Rook 1:00 Bible Study	8 **8:30 Trip to Fontanel Tour of Barbara Mandrell Mansion ($22) Tour Prichard's Distillery with tasting (Free) Can do Wine Tasting $5 Lunch at Cafe Fontanella**	9 9:00 AFEP Exercise 10:00 Tai Chi 11:00 S. Sneakers Yoga 12:00 Rook	10
11 	12 9:00 Zumba 10:30 Wii Bowl **1:00 Bingo by Old Time Express**	13 9:00 AFEP Exercise 10:00 S. Sneakers Yoga 11:00 Current Events w/Natalie	14 9:00 Line Dancing 12:00 Rook 1:00 Bible Study	15 **2:30 Train Ride to Nashville Eat at Hard Rock Cafe**	16 9:00 AFEP Exercise 10:00 Tai Chi 11:00 S. Sneakers Yoga 12:00 Rook	17
18	19 9:00 Zumba 10:30 Wii Bowl **11:30 Mystery Lunch**	20 9:00 AFEP Exercise 10:00 S. Sneakers Yoga 10:30 Crafts w/HATS	21 9:00 Line Dancing 12:00 Rook 1:00 Bible Study	22 11:30 BP by Suncrest 12:00 Birthday Dinner 	23 9:00 AFEP Exercise 10:00 Tai Chi 11:00 S. Sneakers Yoga 12:00 Rook	24
25	26 9:00 Zumba 10:30 Wii Bowl w/HATS	27 9:00 AFEP Exercise 10:00 S. Sneakers Yoga **11:00 Halloween Craft**	28 9:00 Line Dancing 12:00 Rook 1:00 Bible Study	29 **9:30 Trip Ashland City Riverview Restaurant Blue Heron 12:30 Cruise ($12.00)**	30 9:00 AFEP Exercise 10:00 Tai Chi 11:00 S. Sneakers Yoga 12:00 Rook	