

## Daily Activities

### Monday

Library & Computer Lab 9:00am - 1:00pm  
 Tech Support 11:00am – 1:00pm  
 Lunch 11:30am – 12:30pm  
 Musical talents Stan and Bob 12:30– 1:30pm

Qi Gong 2:00 - 3:00pm  
 Ping Pong 3:00 - 4:00pm

### Tuesday

Library & Computer Lab 9:00am - 1:00pm  
 Lunch 11:30am – 12:30pm  
 Mahjong 1:00 - 3:30pm  
 Bingo 1:30 - 3:30pm  
 Ping Pong 3:00 - 4:00pm

### Wednesday

Library & Computer Lab 9:00am - 1:00pm  
 Qi Gong 9:30am - 10:30am  
 Lunch 11:30am – 12:30pm  
 Musical talents Stan and Bob 12:30– 1:30pm

Cribbage 1:00 - 3:00pm  
 Intermediate Line Dancing 2:15 - 4:00pm

### Thursday

Library & Computer Lab 9:00am - 1:00 pm  
 Lunch 11:30am – 12:30pm  
 Martial Arts for Seniors 2:15 - 3:15pm

### Friday

Library & Computer Lab 9:00am - 1:00pm  
 Chi Gong & Sun Style Tai Chi 10:00 - 11:00am  
 Falun Dafa Yoga (bring yoga mat) 1:00 – 2:00pm  
 Board/Card Games 1:00 - 3:30pm

## September Special Events

**Sept. 2** - Program closed for Labor Day  
**Sept. 12** - Caregiver Support Group 9:30-11:30am  
**Sept. 18** - Commodities Distribution 10- 11:30am  
**Sept. 20** - Program closed for Staff Appreciation  
**Sept. 24** - Stamp Club 6:00- 9:00pm  
**Sept. 26** - Caregiver Support Group 9:30-11:30am  
**Sept. 26** - Birthday Celebration! 11:30 – 12:30pm

## Happy LABOR DAY!

Mon	Tues	Wed	Thurs
2	3	4	5
<b>Closed For Labor Day!</b>	Chicken Noodle Casserole	Baked Cod Dijonnaise	Pork Chop with Apples
9	10	11	12
Old Fashion Goulash	Salisbury Steak	Summer Berry Salad	Chicken Pesto Sandwich
16	17	18	19
Braised Pork Stew	Macaroni And Cheese	Chicken W/Fire Roasted Tomatoes	Shrimp Linguini
23	24	25	26
Almond Chicken	Meatloaf & Gravy	Mediterranean Chicken	Chicken Caesar Salad
30			
Chicken Parmesan			