

September 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--|--|---|--|--|
| 1 | 2 Labor Day Closed | 3 9:30 Ceramics 9:30 Recipe club w/Carolyn 10:00 Crafts 12:30 Bingo | 4 9:00 Tai Chi 9:30 Ceramics 10:00 Mindful Body 11:00 Zumba 11:00 Trivia 12:30 Bingo & Bridge | 5 9:30 Ceramics 10:00 Devotions 10:30 Let's Get Craftin" 12:30 Grocery shopping 12:30 Line dancing | 6 10:00 Trash train 10:45 Pound It! 11:00 Dance class 12:15 Movie | 7 |
| 8 | 9 9:00 Tai Chi 9:30 Vaya Health-Bipolar Disorder 10:30 Video exercise 11:00 Zumba 12:30 Bead class | 10 9:30 Ceramics 9:30 Recipe club w/ Cassandra 10:00 Krystal Toney (LaurelHurst/Woods) 12:15 Paula Hipp-birthday celebrations 12:30 Bingo | 11 8:30 Veteran's & First Responders breakfast 9:30 Ceramics 10:00 Mindful Body 11:00 Zumba 11:00 Trivia 12:30 Bingo & Bridge | 12 9:15-10 B. P. checks 9:30 Ceramics 10:00 Hamrick's shopping 12:30 Grocery shopping 12:30 Share Thy Bread | 13 9:30-12 Walmart 10:00 Trash train 10:45 Pound It! 11:00 Dance class 12:15 Movie | 14 |
| 15 | 16 9:00 Tai Chi 10:00 Pound It! 10:30 Jenga 11:00 Zumba 12:30 Prize bingo | 17 9:30 Ceramics 9:30 Recipe club w/Carolyn 10:00 Sky Top Orchard 10:00 Crafts 12:30 Bingo | 18 9:30 Ceramics 10:00 Mindful Body 11:00 Zumba 11:00 Trivia 12:30 Bingo & Bridge | 19 9:30 Ceramics 10:00 Devotions 12:30 Paint & Sip 12:30 Grocery shopping 12:30 Line dancing | 20 10:00 Breakfast w/staff 10:30 Local History 11:00 Dance class 12:15 Movie | 21 |
| 22 | 23 9:00 Tai Chi 10:00 Pound It! 10:30 Jenga 11:00 Zumba 12:30 Bead class | 24 9:30 Ceramics 9:30 Recipe club w/ Cassandra 10:00 Polk History museum 10:00 Crafts 12:30 Bingo | 25 9:30 Ceramics 10:00 Mindful Body 11:00 Zumba 11:00 Instant Pot-Roast Pork w/veggies 12:30 Bingo & Bridge | 26 9:30 Ceramics 10:00 Devotions 10:00 Mt. Pisgah 10:30 Let's Get Craftin" 12:30 Grocery shopping 12:30 Share Thy Bread | 27 10:00 –12:30 Fall Festival | 28 |
| 29 | 30 9:00 Tai Chi 10:00 Pound It! 10:30 Jenga 11:00 Zumba 12:30 Prize bingo | | | | | Daily: Puzzles Billiards Computer Ping Pong |