


September - Ongoing Weekly Activities

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---|------------------------------------|---|--|---|
| 9:00a | Balance Exercise Pilates Class | Tai Chi Beg | Balance Exercise Bridge Class (Diamond) Mah Jongg Class WOW Watercolor | Pilates Class | Balance Exercise |
| 9:30a | Watercolor | Cribbage | | Watercolor | |
| 10:00a | Knit & Crochet | Fiber Arts SHIBA Tai Chi Adv | | Pan | Basic Meditation |
| 10:30a | | | | Tap Dance | |
| 11:00a | Seniorcise | | Seniorcise | Stretch Yoga | Seniorcise Singing Bowls |
| 12:00p | | | Beg Tap Dance | Bingo | |
| 12:30p | Chair Yoga | | Tap Dance | | |
| 1:00p | Computer Clinic Fun Poker Ukulele | | Bridge Language-Italian Mah Jongg | Beg Watercolor Scrabble Stretch Yoga | Fiber Arts Fun Poker Ping Pong Stitchery |
| 1:30p | | Ping Pong | | | |
| 2:00p | Yoga | | | | |
| 2:30p | | | Language-Spanish | | Sing-a-long |
| 5:00p | | | Dancing | | |

September - Non-Weekly and Special Events

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--------------------------------------|---|---|-----------|---------------------------------|---|--|
| 1 | 2  | 3 1000a Diabetes Support 1200p Potluck 130p Advance Care Planning | 4 | 5 | 6 230p Sing-a-long Discovery Memory Care 500p Art Walk | 7 900a Pilates Quilters |
| 8 100p Accordion Social | 9 100p Legal Clinic | 10 200p Board Meeting | 11 | 12 100p Open House | 13 230p Sing-a-long Avamere | 14 900a Pilates Quilters 630p Bridge |
| 15 | 16 | 17 1200p Potluck 300p <i>Jeopardy!</i> | 18 | 19 | 20 230p Sing-a-long Sherwood | 21 900a Pilates |
| 22 | 23 1pm Legal Clinic | | 25 | 26 | 27 230p Sing-a-long Sequim Health & Rehab | 28 900a Pilates Quilters 630p Bridge |
| 29 | 30 | | | | | |