



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:30 Core & Strength 12:00 Canasta (Samba) 12:30 Shanghai Mahjong 12:45 American Mahjong 1:00 Bone Builders 3:00 German Conversation 6:00 Backgammon	2 8:30 Essentrics 9:45 Bone Builders 10:00 Creative Arts Group 11:00 Yoga Strength 1:00 NO CSC Board Mtg.	3 8:30 Core & Strength 9:15 Fiber Arts 9:45 Tai Chi – Yang 10:45 Beginner Tai Chi 11:30 T'ai Chi Practice 1:00 Bone Builders 1:30 Cribbage	4 8:30 Essentrics 9:45 Bone Builders 10:00 Beginner Italian 10:00 Arts Group 11:30 Adv. Italian Conv. 12:30 Samba-Canasta 2:00 Brain Games	5 10:00-12:00 Learn to Play Pickelball <i>(Charlotte Town Beach)</i>
6	7 Senior Center is Closed In observance of the Labor Day holiday.	8 8:30 Core & Strength 9:00 Watercolor 12:00 Canasta (Samba) 12:30 Shanghai Mahjong 12:45 American Mahjong 1:00 Bone Builders 3:00 German Conversation 6:00 Backgammon	9 8:30 Essentrics 9:45 Bone Builders 10:00 Creative Arts Group 11:00 Yoga Strength 1:00 Protecting Yourself From Fraud & Scams 3:00 Alzheimer's Support	10 8:30 Core & Strength 9:15 Fiber Arts 9:45 Tai Chi – Yang 10:45 Beginner Tai Chi 11:30 T'ai Chi Practice 1:00 Bone Builders 1:30 Cribbage 4:00-6:00 Community Art Show Reception	11 7:30 Men's Breakfast 8:30 NO Essentrics 9:00 Kayak Trip 9:45 Bone Builders 10:00 Beginner Italian 10:00 Arts Group 12:30 Samba-Canasta 1:00 Vanilla Presentation 2:00 Brain Games	12 10:00-12:00 Learn to Play Pickelball <i>(Charlotte Town Beach)</i>
13 9:00-3:00 Rental of the CSC	14 8:30 Essentrics 9:45 Bone Builders 11:00 Gentle Yoga 11:30 Age Well 11:30 Monday Munch 12:30 Bridge 2:00 Chess 2:30 French Conversation 6:00 American Mahjong	15 8:30 Core & Strength 9:00 Watercolor 10:00 Spanish Conver. 12:00 Canasta (Samba) 12:30 Shanghai Mahjong 12:45 American Mahjong 1:00 Bone Builders 3:00 German Conversation 6:00 Backgammon	16 8:30 Essentrics 9:00 Birding Trip 9:45 Bone Builders 10:00 Creative Arts Group 11:00 Yoga Strength 1:00 Final Gift: Funeral Preparation 1:00 Board Info Session	17 8:30 Core & Strength 9:15 Fiber Arts 9:45 Tai Chi – Yang 10:45 Beg. Tai Chi 11:30 T'ai Chi Practice 1:00 Bone Builders 1:30 Cribbage 2:00 Living Your Best Life 6:00 Menopause Cafe	18 8:30 Essentrics 9:45 Bone Builders 10:00 Beginner Italian 10:00 Arts Group 11:30 Adv. Italian Conv. 12:30 Samba-Canasta 2:00 Brain Games	19 10:00-12:00 Learn to Play Pickelball <i>(Charlotte Town Beach)</i>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 2:00-4:00 Photo Discussion <i>Topic: Composition</i> - Rule of thirds, rule of odds, frame within a frame, symmetry & balance, leading lines, directing viewer eyes and verticals.	21 8:30 Essentrics 9:45 Bone Builders 11:00 Gentle Yoga 11:30 Monday Munch 12:30 Bridge 2:00 Chess 2:30 French Conversation 6:00 American Mahjong	22 8:30 Core & Strength 9:00 Watercolor 10:00 Spanish Conver. 10:00 Medicare Open Enrollment Presentation 10:00-Noon 1:1 Tech Help w/ Susanna 12:00 Canasta (Samba) 12:30 Shanghai Mahjong 12:45 American Mahjong 1:00 Bone Builders 3:00 German Conversation 6:00 Backgammon	23 8:30 Essentrics 9:00 Hiking Trip-Snake Mountain 9:45 Bone Builders 10:00 Creative Arts Group 11:00 Yoga Strength 1:00 Patients Choices-Medical Aid in Dying Presentation 2:30 Death Cafe	24 8:30 Core & Strength 9:00 Gentle Walk 9:15 Fiber Arts 9:45 Tai Chi – Yang 10:00 Memoir Group-full 10:45 Beginner Tai Chi 11:30 T'ai Chi Practice 1:00 Bone Builders 1:30 Cribbage 2:00 Best Life discussion	25 8:30 Essentrics 9:00 Kayak Trip 9:45 Bone Builders 10:00 Beginner Italian 10:00 Arts Group 11:30 Silent Book Club 12:30 Samba-Canasta 2:00 Brain Games	26 10:00-12:00 Learn to Play Pickelball <i>(Charlotte Town Beach)</i> 10:00-3:00 AARP Safe Driver Program
27 12:30-2:30 Shape Note Singing	28 8:30 Essentrics 9:45 Bone Builders 11:00 Gentle Yoga 11:30 Monday Munch 12:30 Bridge 2:00 Chess 2:30 French Conversation 6:00 American Mahjong	29 8:30 Core & Strength 9:00 Watercolor 10:00 Spanish Conver. 11:00 Yoga Movement 12:00 Canasta (Samba) 12:30 Shanghai Mahjong 12:45 American Mahjong 1:00 Bone Builders 3:00 German Conversation 6:00 Backgammon	30 8:30 Essentrics 9:45 Bone Builders 10:00 Creative Arts Group 11:00 Yoga Strength 1:00 Beginner Watercolor 6:30 Money For Your Kids Without the Mess			