



# September 2022 Exercise Calendar



Drive Thru Prayer will not count towards an Enrichment class credit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <span style="float: right;">8:30 AM – 7:00 PM</span>	2 <span style="float: right;">8:30 AM – 7:00 PM</span>	3 <span style="float: right;">CLOSED</span>
			8:30 am – Walking Group 1 pm – Chair Yoga (Hybrid) 5 pm – Walking Group	9 am – Walking Group	
5 <span style="float: right;">CLOSED</span>	6 <span style="float: right;">8:30 AM – 7:00 PM</span>	7 <span style="float: right;">8:30 AM – 7:00 PM</span>	8 <span style="float: right;">8:30 AM – 7:00 PM</span>	9 <span style="float: right;">9:00 AM – 12:00 PM</span>	10 <span style="float: right;">CLOSED</span>
<b>LABOR DAY</b>	8:30 am – Walking Group 10:30 am – Tai Chi 5 pm – Walking Group	8:30 am – Walking Group 10:30 am – SitFit (Hybrid) 5 pm – Walking Group	8:30 am – Walking Group 1 pm – Chair Yoga (Hybrid) 5 pm – Walking Group 5:30 pm – Light Lifts	9 am – Walking Group	
12 <span style="float: right;">8:30 AM – 7:00 PM</span>	13 <span style="float: right;">8:30 AM – 7:00 PM</span>	14 <span style="float: right;">8:30 AM – 7:00 PM</span>	15 <span style="float: right;">8:30 AM – 7:00 PM</span>	16 <span style="float: right;">9:00 AM – 12:00 PM</span>	17 <span style="float: right;">CLOSED</span>
8:30 am – Walking Group 9 am – Gentle Yoga 5 pm – Walking Group	8:30 am – Walking Group 9 am – Veg-Ed (Hybrid) 5 pm – Walking Group	8:30 am – Walking Group 5 pm – Walking Group	8:30 am – Walking Group 1 pm – Chair Yoga (Hybrid) 5 pm – Walking Group	9 am – Walking Group	
19 <span style="float: right;">8:30 AM – 7:00 PM</span>	20 <span style="float: right;">8:30 AM – 7:00 PM</span>	21 <span style="float: right;">8:30 AM – 7:00 PM</span>	22 <span style="float: right;">8:30 AM – 7:00 PM</span>	23 <span style="float: right;">9:00 AM – 12:00 PM</span>	24 <span style="float: right;">CLOSED</span>
8:30 am – Walking Group 9 am – Gentle Yoga 5 pm – Walking Group	8:30 am – Walking Group 9 am – Veg-Ed (Hybrid) 5 pm – Walking Group	8:30 am – Walking Group 10:30 am – SitFit (Hybrid) 5 pm – Walking Group 5:30 pm – What is Wellness? (Hybrid)	8:30 am – Walking Group 1 pm – Chair Yoga (Hybrid) 5 pm – Walking Group <b>5:15 pm – Drive Thru Prayer *</b> 5:30 pm – Light Lifts	9 am – Walking Group	
26 <span style="float: right;">8:30 AM – 7:00 PM</span>	27 <span style="float: right;">8:30 AM – 7:00 PM</span>	28 <span style="float: right;">8:30 AM – 7:00 PM</span>	29 <span style="float: right;">8:30 AM – 7:00 PM</span>	30 <span style="float: right;">8:30 AM – 7:00 PM</span>	<b>Reminders</b>
8:30 am – Walking Group 9 am – Gentle Yoga 5 pm – Walking Group	8:30 am – Walking Group 9 am – Veg-Ed (Hybrid) 5 pm – Walking Group	8:30 am – Walking Group 5 pm – Walking Group 5:30 pm – Exercising with Diabetes (Hybrid)	8:30 am – Walking Group 1 pm – Chair Yoga (Hybrid) 5 pm – Walking Group <b>6 pm – SitFit (Hybrid)*</b>	9 am – Walking Group	<b>*SitFit on the 29<sup>th</sup> at 6 pm will provide a free meal and free childcare*</b>



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <span style="float: right;">8:30 AM – 7:00 PM</span>	2 <span style="float: right;">8:30 AM – 7:00 PM</span>	3 <span style="float: right;">CLOSED</span>
			10:30 am – Creative Cooking 3:00 pm – Diet and Exercise 5:30 pm – Creative Cooking		
5 <span style="float: right;">CLOSED</span>	6 <span style="float: right;">8:30 AM – 7:00 PM</span>	7 <span style="float: right;">8:30 AM – 7:00 PM</span>	8 <span style="float: right;">8:30 AM – 7:00 PM</span>	9 <span style="float: right;">9:00 AM – 12:00 PM</span>	10 <span style="float: right;">CLOSED</span>
<b>LABOR DAY</b>	4 pm – Biblical Counseling 5:30 pm - Bingo	10:30 am – SitFit (Hybrid) 12:30 pm – Heart Health 5:30 pm – What is Hypertension?	9 am – Eating with Diabetes 10:30 am – Creative Cooking with Hypertension		
12 <span style="float: right;">8:30 AM – 7:00 PM</span>	13 <span style="float: right;">8:30 AM – 7:00 PM</span>	14 <span style="float: right;">8:30 AM – 7:00 PM</span>	15 <span style="float: right;">8:30 AM – 7:00 PM</span>	16 <span style="float: right;">9:00 AM – 12:00 PM</span>	17 <span style="float: right;">CLOSED</span>
9 am - Painting 6 pm – Alcoholics Anonymous	9 am – Veg-Ed (Hybrid) 4 pm – Biblical Counseling 5:30 pm – Healthy Mouths	9 am – Hypertension Medication Education 6 pm – Financial Literacy	10:30 am – Creative Cooking 5:30 pm – Creative Cooking		
19 <span style="float: right;">8:30 AM – 7:00 PM</span>	20 <span style="float: right;">8:30 AM – 7:00 PM</span>	21 <span style="float: right;">8:30 AM – 7:00 PM</span>	22 <span style="float: right;">8:30 AM – 7:00 PM</span>	23 <span style="float: right;">9:00 AM – 12:00 PM</span>	24 <span style="float: right;">CLOSED</span>
9 am – Morning Meditation 5:30 pm – Healthy Smiles 6 pm – Alcoholics Anonymous	9 am – Veg-Ed (Hybrid) 4 pm – Biblical Counseling 5:30 pm – Lotería 5:30 pm – Diabetic Foot Health	9:30 am – First Aid 10:30 am – SitFit (Hybrid) 12:30 pm – Heart Health 5:30 pm – What is Hypertension? 6 pm – Financial Literacy	9 am – Bible Study 10:30 am – Creative Cooking <b>5:15 pm – Drive Thru Prayer *</b> 5:30 pm – Creative Cooking		
26 <span style="float: right;">8:30 AM – 7:00 PM</span>	27 <span style="float: right;">8:30 AM – 7:00 PM</span>	28 <span style="float: right;">8:30 AM – 7:00 PM</span>	29 <span style="float: right;">8:30 AM – 7:00 PM</span>	30 <span style="float: right;">8:30 AM – 7:00 PM</span>	<b>Reminders</b>
9 am - Painting 5:30 pm – Stress Management 6 pm – Alcoholics Anonymous	9 am – Veg-Ed (Hybrid) 4 pm – Biblical Counseling	9 am – Diabetes Medication Education 10:30 am – Drumming 12 pm – Healthy You 6 pm – Financial Literacy	10:30 am – Creative Cooking 5:30 pm – Creative Cooking <b>6 pm – SitFit (Hybrid)*</b>		<b>*SitFit on the 29<sup>th</sup> at 6 pm will provide a free meal and free childcare*</b>