

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September 2022

## North Shore & Lakeview Residents

					1 No Exercise Today	2	3
4	5 Labor Day	6 1:30 Brain Training! -For Online Brain Training Fun visit BrainHQ:Official Site Free & Subscription based interaction.	7	8 8:30 Brain Training!	9	10	
11 Grandparents Day	12	13 1:30 Aerobics/Balls 2:20 Fall Craft RSVP by 9/6	14	15 8:30 Aerobics/Balls	16 Oktoberfest Begins	17	
18	19	20 1:30 Balance/Strength Stretch bands	21	22 8:30 Balance/Strength Stretch bands Autumn Begins	23	24	
25 Rosh Hashanah Begins	26	27 12:30 "End of Summer Carry-In." -Bring a covered dish or 2, and/or a dessert. Drinks and table service provided. RSVP by 9/20	28	29 8:30 Aerobics Moovin' & Groovin'	30 Even if you don't come to exercise, please feel free to join us for ANY of the other events! We'd LOVE to have YOU! 😊		

All Classes /Activities will be held in the Activity Center. What to bring: Yourself, A Positive Attitude, & Water to stay hydrated!

