

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2023

North shore, West shore & Lakeview Residents

						10:00- Sit- N – Fit-FR 1 2.00 Sweet Sippers-PP	2
3 10:00Apostolic Church-CH/Ch.2 11:00 Ch.2- Hope church 2:00 Lowell Druley-CH	4 10:00- Sit- N – Fit-FR Labor Day	5 10:00- Sit- N – Fit-FR 1:30-gentle workout - Hoops	6 10:00- Sit- N – Fit-FR	7 9:00-gentle workout- Hoops 10:00- Sit- N – Fit-FR	8 10:00- Sit- N – Fit-FR		9
10 10:00Apostolic Church-CH/Ch.2 11:00 First Church of Christ - chan. 2 2:00 – Clek –CH Grandparents Day	11 10:00- Sit- N – Fit-FR LAST DAY TO-RSVP- for PARADE to Courtney	12 10:00- Sit- N – Fit-FR 1:30-Balance	13 10:00- Sit- N – Fit-FR	14 9:00-Balance 10:00- Sit- N – Fit-FR	15 10:00- Sit- N – Fit-FR	Rosh Hashanah Begins	16 Oktoberfest Begins
17 10:00Apostolic Church-CH/2 11:00 First Reformed Church-CH 2:00 -Arlene Stoller-CH	18 10:00- Sit- N – Fit-FR	19 10:00- Sit- N – Fit-FR 1:30-Ball workout 6pm Street fair Parade-RSVP (riding in the parade- loading at 4:45 door 1)	20 10:00- Sit- N – Fit-FR	21 9:00- Ball workout 10:00- Sit- N – Fit-FR	22 10:00- Sit- N – Fit-FR	Autumn Begins	23
24 10:00Apostolic Church-CH/Ch.2 11:00 Presbyterian Church-Ch. 2 Yom Kippur Begins	25 10:00- Sit- N – Fit-FR	26 10:00- Sit- N – Fit-FR 10.00-Robert Farmer Singing-Chapel 1:30-strength (slow& steady)	27 10:00- Sit- N – Fit-FR	28 9:00--strength (slow& steady) 10:00- Sit- N – Fit-FR	29 10:00- Sit-N- Fit-SMS 2.00- Men's Group (Men) Café Overflow – FR 7:30-Young Group door 1 Sukkot Begins		30

TO-Three Oaks, SMS-Sugar Maple Suites, PP-Patio Pines, WL-Willow Lane, CH-Chapel, FR-Fellowship Room SMS-Sugar maple suites *calendar is subject to change