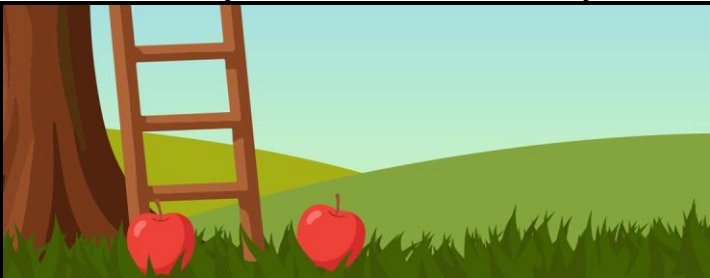


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00-Sit- N- Fit-PR 1 NO Exercise	10:00-Sit- N- Fit-PR 2	NO Exercise 3 10:00-Sit- N- Fit-PR 3:00-Apostolic Church-CH	10:00-Sit- N- Fit-PR 4	
	6 10:00-Sit- N- Fit-PR 7 HAPPY LABOR DAY! Labor Day	10:00-Sit- N- Fit-PR 8 1:30-Exercise	10:00-Sit- N- Fit-PR 9	9:00- Exercise 10 10:00-Sit- N- Fit-PR 3:00-Apostolic Church-CH	10:00-Sit- N- Fit-PR 11 Rosh Hashanah Begins	12
13 Happy Grandparents Day Grandparents Day	14 10:00-Sit- N- Fit-PR 14 LAST DAY TO RSVP	15 10:00-Sit- N- Fit-PR 15 1:30-Exercise	16 10:00-Sit- N- Fit-PR 16	17 11:30-Pot luck-FR (Main Campus)-See Flyer RSVP	18 10:00-Sit- N- Fit-PR 18	19 Oktoberfest Begins
20 Yom Kippur Begins	21 10:00-Sit- N- Fit-PR 21	22 10:00-Sit- N- Fit-PR 22 1:30- No Exercise Autumn Begins	23 10:00-Sit- N- Fit-PR 23	24 NO Exercise 24 10:00-Sit- N- Fit-PR 3:00-Apostolic Church-CH	25 10:00-Sit- N- Fit-PR 25 Sukkot Begins	26
27	28 10:00-Sit- N- Fit-PR 28	29 10:00-Sit- N- Fit-PR 29 1:30-Exercise	30 10:00-Sit- N- Fit-PR 30			