

September

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Help with electronic devices 10:00hrs. - 13:30hrs and 15:30 – 17:00hrs	2 OFFICE CLOSED	3
4	5 Labour Day OFFICE CLOSED	6	7	8 .	9	10
11 .	12 Folk Dance 11hrs – 12:00hrs	13 Chair Yoga 10:3011:30hrs Art 14:00 – 15:30hrs.	14 Line Dancing 16:00 – 17:00hrs	15 GENERAL MEETING- 13:00 14:300 hrs Zumba- 16 – 17:00hrs .	16 Handcraft 10:00 – 12:30hrs Tai-Chi 15:00 – 16:00hrs	17
18	19 AquaFitt 11:00 – 12:00hrs Folk Dance 11hrs – 12:00hrs	20 Chair Yoga 10:3011:30hrs Art 14:00 – 15:30hrs.	21 AquaFitt 11:00 – 12:00hrs Line Dancing 16:00 – 17:00hrs Presentation: 10:45 Deprescribing Network Outing – Cirque du Soleil - cancelled	22 Computer – Beg – 10:00 – 12:00hrs Zumba- 16 – 17:00hrs Computer – Int. 16:00 – 17:30hrs	23 Handcraft 10:00 – 12:30hrs AquaFitt 11:00 – 12:00hrs Tai Chi 15:00 – 16:00hrs	24
25	26 AquaFitt 11:00 – 12:00hrs Folk Dance 11hrs – 12:00hrs	27 Chair Yoga 10:3011:30hrs Art 14:00 – 15:30hrs.	28 AquaFitt 11:00 – 12:00hrs Line Dancing 16:00 – 17:00hrs	29 Computer – Beg – 10:00 – 12:00hrs Zumba- 16 – 17:00hrs Computer – Int. 16:00 – 17:30hrs	30 AquaFitt 11:00 – 12:00hrs Handcraft Exhibition 10:30 – 3:30 hrs Tai Chi 15:00 – 16:00hrs	

