

September

2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 Fun Friday & Handicraft - - 10am 2pm Trivia - 1pm - 3pm at CBAC	2
3	4 Statutory Holiday	5 Staff Meeting - 10am	6 Movie Matinee - 1pm	7 LaSalle Seniors Roundtable - 10am - 5pm	8 Fun Friday & Handicraft - - 10am 2pm Board Game - 2pm -4pm at CBAC	9
10	11 Folk Dance - 3:30pm - 4:30pm	12 Staff Meeting - 10am Soca fit - 11am - 12pm Art - 2pm -4pm	13 General Meeting - 1pm at MCSO	14 Computer - Beg. - 10am - 12noon Computer - Inter -4pm - 5:30pm Zumba - 4pm - 5pm	15 Fun Friday & Handicraft - - 10am 2pm Chair Yoga - 4pm -5pm Trivia - 2pm - 4pm at CBAC	16
17	18 Folk Dance - 3:30pm - 4:30pm Aquafit - 11-am 12noon	19 Staff Meeting - 10am Soca fit - 11am - 12pm Art - 2pm -4pm	20 Line Dance - 4pm - 5pm Bingo - 1pm - 3:30pm at CBAC Aquafit - 11-am 12noon	21 Computer - Beg. - 10am - 12noon Computer - Inter -4pm - 5:30pm Zumba - 4pm - 5pm	22 Fun Friday & Handicraft - - 10am 2pm Chair Yoga - 4pm -5pm Aquafit - 11-am 12noon	23
24	25 Folk Dance - 3:30pm - 4:30pm	26 Staff Meeting - 10am Soca fit - 11am - 12pm Art - 2pm -4pm	27 Line Dance - 4pm - 5pm Movie Matinee -1pm Presentation on Discovering Neurocognitive Disorders by 1pm -2:30pm	28 Computer - Beg. - 10am - 12noon Computer - Inter -4pm - 5:30pm Zumba - 4pm - 5pm Community Lunch/ Presentation on Preventing Falls & Fractures for Older Adults - 12:30pm - 3:30pm	29 Fun Friday & Handicraft - - 10am 2pm Chair Yoga - 4pm -5pm Board Game - 1pm - 3pm at CBAC	30