MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
					1		2		3
				9:30	Aerobic Exercise/Richard Simons	8:45	Cardio/Aerobic Exercise w/ Nancy	8:15	Exercise
				10:30	Exercise w/ Karen	9:30	Busy Hands	9:00	Zumba
				12:30	Decorative Painting Class	10:00	Computer Aides	9:00	Bridge
				12:30	***Remember Me***	10:30	Exercise w/ Karen	9:30	Needlework Group
				1:00	Scrabble/Whist	11:45	Tai Chi	10:00	Line Dancing
				2:00	Poker/Cards	1:00	Bingo	10:15	Mark Falzone's Rep
						1:00	Bridge		
				Lunch	**Breaded Fish or Chicken Patty**			**Lunch**	**Turkey Broccoli Penne or Tuna Salad**
				11:45		**Lunch**	**Shrimp &Chicken Kielbasa Jambalay**	**11:30**	
						11:45			
	6		7		8		9		10
	CLOSED	8:45	Cardio/Aerobic Exercise w/ Nancy	9:30	Aerobic Exercise/Richard Simons	8:45	Cardio/Aerobic Exercise w/ Nancy	8:15	Exercise
	LABOR DAY HOLIDAY	9:30	Busy Hands	9:30-11:30	Blood Pressure Check	9:30	Busy Hands	9:00	Zumba
		9:45	Woodcarvers	10:30	Exercise w/ Karen	10:00	Computer Aides	9:00	Bridge
		1:00	Poker/Bridge/Skat/Unc	12:30	Decorative Painting Class	10:30	Exercise w/ Karen	9:30	Needlework Group
		1:00	Strong Women	**12:30**	***The Young Victoria***	11:45	Tai Chi	10:00	Line Dancing
				1:00	Scrabble/Whist	1:00	Bingo	10:15	Mark Falzone's Rep
				2:00	Poker	1:00	Bridge		
		Lunch	**Baked Ziti or Breaded Chicken Patty**	**Lunch**	**Beef Stir Fry or Seafood Salad**	**Lunch**	**Roast Turkey or Roast Beef and Cheese**	**Lunch**	**Sweet & Sour Chicken or Turkey & Cheese**
		11:45		**11:45**		**11:45**		**11:30**	
	13		14		15		16		17
8:30	**Exercise/Richard Simons-note time chang**	8:45	Cardio/Aerobic Exercise w/ Nancy	9:30	Aerobic Exercise/Richard Simons	8:45	Cardio/Aerobic Exercise w/ Nancy	8:15	Exercise
10:15	**Exercise w/ Karen-note time change**	9:30	Busy Hands	10:30	Exercise w/ Karen	9:30	Busy Hands	9:00	No Zumba
1:00	Bingo	9:45	Woodcarvers	11:00	Jeweler	10:00	Computer Aides	9:00	Bridge
1:00	Art Class	1:00	Poker/Bridge/Skat/Unc	12:30	Decorative Painting Class	10:30	Exercise w/ Karen	9:30	Needlework Group
1:00	Market Basket	1:00	Strong Women	**12:30**	***Movie -Shutter Island***	11:45	Tai Chi	10:00	Line Dancing
1:30	Yoga	1:00	Shaws	1:00	Scrabble/Whist	1:00	Bingo	10:15	Mark Falzone's Rep
				2:00	Poker	1:00	Bridge		
Lunch	**Stuffed Shells or California Chicken Sala**	**Lunch**	**BBQ Grilled Chicken or Roast Beef & Chees**	**Lunch**	**Hawaiian Ham or Egg Salad**	**Lunch**	**Pier 17 Fish or Peppercorn Turkey**	**Lunch**	**Meatloaf or Tuna Salad**
11:45		**11:45**		**11:45**		**11:45**		**ll:30**	
	20		21		22		23		24
								8:15	Exercise
8:30	**Exercise/Richard Simons-note time chang**	8:45	Cardio/Aerobic Exercise w/ Nancy	9:30	Aerobic Exercise/Richard Simons	8:45	Cardio/Aerobic Exercise w/ Nancy	9:00	Zumba
10:15	**Exercise w/ Karen-note time change**	9:30	Busy Hands	9:30 11:30	Blood Pressure	9:30	Busy Hands	9:00	Bridge
11:00	Tai Chi Arthritis	9:45	Woodcarvers	10:30	Exercise w/ Karen	10:00	Computer Aides	9:30	Needlework Group
1:00	Bingo	1:00	Poker/Bridge/Skat/Unc	12:30	Decorative Painting Class	10:30	Exercise w/ Karen	10:00	Line Dancing
1:00	Art Class	1:00	Strong Women	**12:30**	***Movie- 2012***	11:45	Tai Chi	10:15	Mark Falzone's Rep
1:00	Market Basket	1:00	Shaws	1:00	Scrabble/Whist	1:00	Bingo		
1:30	Yoga			2:00	Poker	1:00	Bridge		
Lunch	**Ratatouille with Beef or Ham & Chees**	**Lunch**	**Meatball Sub or Tuna Salad**	**Lunch**	**Creamy Italian Chicken o**	**Lunch**	**Hot Dor or Egg Salad**	**Lunch**	**Creole Fish or Chicken Salad**
11:45		**11:45**		**11:45**	**Roast Beef & Swiss**	**11:45**		**11:30**	
	27		28		29		30		
8:30	Exercise/Richard Simons-note time chang								
9:30	**Drums Alive Exercise Class New!**	8:45	Cardio/Aerobic Exercise w/ Nancy	9:30	Aerobic Exercise/Richard Simons	8:45	Cardio/Aerobic Exercise w/ Nancy		
9:30	Hairdresser	9:30	Busy Hands	10:30	Exercise w/ Karen	9:30	Busy Hands		
10:15	Exercise with Karen	9:45	Woodcarvers	12:30	Decorative Painting Class	10:00	Computer Aides		
11:00	Tai Chi Arthritis	1:00	Poker/Bridge/Skat/Unc	**12:30**	***Movie- The Bounty Hunter***	10:30	Exercise w/ Karen		
1:00	Bingo	1:00	Strong Women	1:00	Scrabble/Whist	11:45	Tai Chi		
1:00	Art Class	1:00	Shaws	2:00	Poker	1:00	Bingo		
1:00	Market Basket					1:00	Bridge		
1:30	Yoga								
Lunch	**BBQ Pulled Pork or Breaded Chicken Patty**	**Lunch**	**Double Stuffed Crust Pizza or Sliced Turke**	**Lunch**	**Beef Stew or Cottage Cheese Plate**	**Lunch**	**Chicken Cordon Bleu or Tuna Salad**		
11:45		**11:45**		**11:45**		**11:45**			
	Reserved for Sponsors								