SEPTEMBER 2015

Mon	Tue	Wed	Thu	Fri
	1 **COA Café 12:30** **Men's Exercise Class 10:45** **Women's Reflections 6:30**	**2** **Tai Chi 8:30** Strength Training 9:00-10:00 Coffee Hour 10:00 Weight Loss 10:00 Bridge 1:30	**3** **CORE 11-12:00** PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	**4** **Strength Training** 9:00-10:00 **White Line Class 1:30—3:30**
7 **LABOR DAY** **COA CLOSED**	**8** **COA CAFÉ 12:30** **Men's Exercise Class 10:45-CANCELLED** **Home Safety Training 1:30** **Women's Reflections 6:30**	**9** **Tai Chi 8:30** Strength Training 9:00-10:00 Coffee Hour 10:00 Weight Loss 10:00 **Bereavement 1-2:30** Legal Assistance (by appointment) Bridge 1:30	**10** **CORE 11-12:00** PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	**11** **Strength Training** 9:00-10:00 Mystery Book Club 12:30 **White Line Class 1:30—3:30**
14 **Strength Training 9:00-10:00** Memoirs Writing Group 10:30	**15** **COA CAFE 12:30** **Men's Exercise Class 10:45** **Artist Donna Mahan Demo 1:30** **Women's Reflections 6:30**	**16** **Tai Chi 8:30** Strength Training 9:00-10:00 w/Kathy Stetson Coffee Hour 10:00 Weight Loss 10:00 Story Swap 11:00 Bridge 1:30	**17** **CORE 11-12:00 CANCELLED** **PACE 12:30-1:30 CANCELLED** Mahjongg 1:00-4 Tea Time 1:30	**18** **Strength Training** 9:00-10:00 Dr. Campo, Podiatrist (by appointment) Shopping Trip 9:00 **White Line Class 1:30—3:30**
21 **Strength Training 9:00-10:00** Memoirs Writing Group 10:30	**22** **COA CAFÉ 12:30** **Men's Exercise Class 10:45** **Author Judy Dutra Book Signing 1:30** **Women's Reflections 6:30**	**23** **Tai Chi 8:30** Strength Training 9:00-10 Weight Loss 10:00 Coffee Hour 10:00 Bridge 1:30	**24** **CORE 11-12:00** PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	**25** **Strength Training** 9:00-10:00 **White Line Class 1:30—3:30**
28 **Strength Training 9:00-10:00** Memoirs Writing Group 10:30	**29** **COA CAFÉ 12:30** **Sentimental Journey 1:15 –2:15** **Men's Exercise Class 10:45** **Women's Reflections 6:30**	**30** **Tai Chi 8:30** Strength Training 9:00-10 w/Kathy Stetson Weight Loss 10:00 Coffee Hour 10:00 Bridge 1:30		Donna Mahan Art Gallery Opening Sunday, September 6, 2-4:00 pm