

September

MON	TUE	WED	THU	FRI
2 8:15am—Senior Aqua	3 10:00am—Silver Sneakers	4 10:00am—Aqua Fit	5 10:00am—Silver Sneakers	6 10:00am—Cards/Board games
9 8:15am—Senior Aqua	10 10:00am—Silver Sneakers 8:00am—Coffee and Conversation	11 10:00am—Aqua Fit	12 10:00am—Silver Sneakers	13 10:00am—Cards/Board games
16 8:15am—Senior Aqua	17 10:00am—Silver Sneakers	18 10:00am—Aqua Fit	19 10:00am—Silver Sneakers	20 10:00am—Cards/Board games
23 8:15am—Senior Aqua	24 10:00am—Silver Sneakers	25 10:00am—Aqua Fit 1pm—Y—101 (learn about your membership)	26 10:00am—Silver Sneakers	27 10:00am—Cards/Board games
30 8:15am—Senior Aqua				Green—Senior social Black—Senior Fitness Blue—Learn at the Y



Date TBD

**SEMINAR
PRESENTED
BY**

