



SEPTEMBER 2012



Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>LABOR DAY</p>  <p>OFFICES CLOSED NO PROGRAMS</p>	<p>4</p> <p>9:00am Strength Training I -Gym Strength Training II -MP4</p> <p>10:15am Intermediate Cardio I -Gym Intermediate Cardio II -MP4</p> <p>10:30am Senior Advisory Board Meeting</p> <p>11:30am Gentle Fitness</p> <p>1:00pm Beginner Spanish Class-NEW</p> 	<p>5</p> <p>9:00am Breakfast Club</p> <p>9:00am Walking Club- Belmar Boardwalk</p> <p>9:30am Crochet Class</p> <p>10:15am Tai Chair</p> <p>11:00am BLOOD PRESSURE SCREENING</p> <p>11:30am Zumba Gold</p> <p>12:00pm Ping Pong</p> <p>1:00pm 3-D Art Class</p>	<p>6</p> <p>NO STRENGTH TRAINING</p> <p>10:15am Intermediate Cardio I -Gym Intermediate Cardio II -MP4</p> <p>11:30am Ballroom Dancing</p> <p>1:00pm Dabbing in the Arts</p> <p>1:00pm Bocce Ball</p>	<p>7</p> <p>9:00am Total Body</p> <p>10:00am Intermediate Canasta</p> <p>10:30am Pickle Ball II</p> <p>11:00am Shopping @ Wegman's & Target</p> <p>9th</p>  <p>Marlboro Day 12-5pm</p>
<p>10</p> <p>9:00am Yoga</p> <p>10:00am Beginner Canasta I</p> <p>10:15am Tai Chi</p> <p>11:30am Cardio Wellness</p> <p>12:15pm Beginner Canasta II</p> <p>1:00pm Knitting/Mahjong/Pickle Ball</p> <p>1:00pm Bocce Ball</p>	<p>11</p> <p>9:00am Strength Training I -Gym Strength Training II -MP4</p> <p>10:15am Intermediate Cardio I -Gym Intermediate Cardio II -MP4</p> <p>11:30am Gentle Fitness</p> <p>1:00pm Beginner Spanish Class-NEW</p>	<p>12</p> <p>9:00am Walking Club</p> <p>9:30am Crochet Class</p> <p>10:15am Tai Chair</p> <p>11:30am Zumba Gold</p> <p>12:00pm Ping Pong</p> <p>1:00pm 3-D Art Class</p> 	<p>13</p> <p>9:00am Strength Training I-Gym Strength Training II-MP4</p> <p>10:15am Intermediate Cardio I -Gym Intermediate Cardio II -MP4</p> <p>11:30am Ballroom Dancing</p> <p>1:00pm Dabbing in the Arts</p> <p>1:00pm Bocce Ball</p> <p>1:00pm LECTURE: <i>Savvy Social Security</i></p>	<p>14</p> <p>GREAT AMERICAN ICE CREAM SOCIAL 1-2pm</p>  <p>NO PROGRAMS/NO SHOPPING</p>
<p>17</p> <p>ROSH HASHANAH</p>  <p>OFFICES OPEN NO PROGRAMS</p>	<p>18</p> <p>OFFICES OPEN NO PROGRAMS</p>	<p>19</p> <p>9:00am Breakfast Club</p> <p>9:00am Walking Club</p> <p>9:30am Crochet Class</p> <p>10:15am Tai Chair</p> <p>11:30am Zumba Gold</p> <p>12:00pm Ping Pong</p> <p>1:00pm 3-D Art Class</p> <p>TRIP: American Icons American Music Theater, Lancaster, Pa., 8:30am-6:30pm</p> 	<p>20</p> <p>9:00am Strength Training I -Gym Strength Training II -MP4</p> <p>10:15am Intermediate Cardio I-Gym Intermediate Cardio II -MP4</p> <p>11:30am Ballroom Dancing</p> <p>1:00pm Dabbing in the Arts</p> <p>1:00pm BINGO</p> <p>1:00pm Bocce Ball</p> <p>1:00pm LECTURE:Introduction to Meditation Workshop</p>	<p>21</p> <p>9:00am Total Body</p> <p>10:00am Intermediate Canasta</p> <p>10:30am Pickle Ball II</p> <p>11:00am Shopping @ Delicious Orchards</p> <p>10:15am SHORT STORY: "Garden Party" by K. Mansfield</p>  <p>Autumn begins Sept. 22nd</p>
<p>24</p> <p>9:00am Yoga</p> <p>10:00am Beginner Canasta I</p> <p>10:15am Tai Chi</p> <p>11:30am Cardio Wellness</p> <p>12:15pm Beginner Canasta II</p> <p>1:00pm Knitting/Mahjong/Pickle Ball</p> <p>1:00pm Bocce Ball</p>	<p>25</p> <p>9:00am Strength Training I -Gym Strength Training II -MP4</p> <p>10:15am Intermediate Cardio I -Gym Intermediate Cardio II -MP4</p> <p>11:30am Gentle Fitness</p> <p>1:00pm Beginner Spanish Class-NEW</p>	<p>26</p> <p>YOM KIPPER</p>  <p>OFFICES OPEN NO PROGRAMS</p>	<p>27</p> <p>9:00am Strength Training I -Gym Strength Training II -MP4</p> <p>10:15am Intermediate Cardio I -Gym Intermediate Cardio II -MP4</p> <p>11:30am Ballroom Dancing</p> <p>1:00pm Dabbing in the Arts</p> <p>1:00pm Bocce Ball</p> <p>1:00pm LECTURE: <i>Add Color to your Plate & Move More</i></p>	<p>28</p> <p>SEASONAL FLU INOCULATIONS 10:00am-1:00pm</p>  <p>NO PROGRAMS/NO SHOPPING</p>