

September 2022 Program Calendar

Programs shown were scheduled at the time of printing and subject to change. **In-Person classes are noted in black.** **Virtual Classes are noted in green.** **Special programs/events are noted in Gold.** You must make an appointment where indicated on the calendar and register for lunches as well as virtual classes and special events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Thursday September 8 Farmers' Market Stand (Free Produce) 10:00am-1:00pm</p>	<p>Wednesday September 14 Elmwood Park's Zoo on Wheels 1:00pm</p> 	 <p>Thursday September 22 Special Lunch with DJ Neil Farber 12:00pm</p>	<p>1</p> <p>9:00 Wood Carving 9:30 Legal Consultations (by appointment) 9:30 Stitch & Chat 10:00 Blood Pressure Screenings 10:00 Virtual Zumba 12:00-1:00pm Lunch 12:30pm Help Yourself to Healthy Living: Caution - Fall Hazard 1:00pm Bridge 1:30pm Tone & Balance (\$3)</p>	<p>2</p> <p>10:00 Wii Bowling / Sorry 12:00-1:00pm Lunch 1:00pm Movie Matinee</p>
<p>5</p> <p>CLOSED</p> 	<p>6</p> <p>9:00-10:20 Haircuts (by appointment only) 9:15 Walking with Weights (\$3) 9:30 Group Trivia 10:00 Stamp Club 10:30 The Gathering 12:00-1:00pm Lunch 1:30pm Tone & Balance (\$3)</p>	<p>7</p> <p>8:00 Chess 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 12:00-4:00pm AARP Refresher Driving Course 1:00-2:30pm Medicare Counseling (by appt.)</p>	<p>8</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 10:00am-1:00pm Farmers' Market Stand (Free Produce) 10:00 Isolation and Loneliness Presentation 12:00-1:00pm Lunch 1:00pm Bridge 1:30pm Tone & Balance (\$3) 2:00-4:00pm Bingo Raffle with The Birches</p>	<p>9</p> <p>10:00 Wii Bowling / Sorry 12:00-1:00pm Lunch 1:00pm Movie Matinee 2:30pm Happy Hour</p>
<p>12</p> <p>9:15 Tai Chi (\$4) 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks</p>	<p>13</p> <p>9:15 Walking with Weights (\$3) 9:30 Group Trivia 10:30 Storytime with Josephine 12:00-1:00pm Lunch 1:30pm Tone & Balance (\$3)</p>	<p>14</p> <p>8:00 Chess 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appointment only) 11:00 Fraud Prevention with Daniel 12:00-1:00pm Lunch 1:00pm Elmwood Park "Zoo-on-Wheels"</p>	<p>15</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 10:00 Best Sleep Practices 12:00-1:00pm Lunch 1:00pm Bridge 1:30pm Tone & Balance (\$3)</p>	<p>16</p> <p>10:00 Wii Bowling / Sorry 12:00-1:00pm Lunch 2:00pm Cooking Class with Chef Cindie: National Fruits and Vegetable Month (\$5) 1:00pm Movie Matinee</p>
<p>19</p> <p>9:15 Tai Chi (\$4) 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks</p>	<p>20</p> <p>9:00-10:20 Haircuts (by appointment only) 9:15 Walking with Weights (\$3) 9:30 Group Trivia 10:30 The Gathering 12:00-1:00pm Lunch 1:30pm Tone & Balance (\$3)</p>	<p>21</p> <p>8:00 Chess 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 12:00-1:00pm Lunch</p>	<p>22</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 10:00 Sugars, Sweets and Sours Presentation 12:00-1:30pm Special Lunch with Entertainment by DJ Neil Farber 1:00pm Bridge 1:30pm Tone & Balance (\$3)</p>	<p>23</p> <p>10:00 Wii Bowling / Sorry 12:00-1:00pm Lunch 1:00pm Movie Matinee 2:30pm Happy Hour</p>
<p>26</p> <p>9:15 Tai Chi (\$4) 11:00 Fall Prevention with Claire 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks</p>	<p>27</p> <p>9:15 Walking with Weights (\$3) 9:30 Group Trivia 10:30 The Gathering 12:00-1:00pm Lunch 1:30pm Tone & Balance (\$3)</p>	<p>28</p> <p>8:00 Chess 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appointment only) 12:00-1:00pm Lunch</p>	<p>29</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 10:00 Managing Cash Flow and Debt 12:00-1:00pm Lunch 1:00pm Bridge 1:30pm Tone & Balance (\$3)</p>	<p>30</p> <p>10:00 Wii Bowling / Sorry 11:30 Meditation Class 12:00-1:00pm Lunch 1:00pm Movie Matinee</p>