

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|--|---|--|--|
|   |  | 1   | 2  | 3  |
| <b>Cedar View Sr. Center September Activities</b>   | Activities take place in the Community Room unless otherwise noted   | 9:30 AM<br>Coffee Hour<br>10:30AM<br>Chair Exercises<br>11:45 AM<br>Lunch Pick up<br>12:15 PM<br>Sit Down Lunch<br>1:00 PM<br>Share Your Favorite Home Remedy | 9:30 AM<br>BINGO!<br>11:45 AM<br>Lunch Pick up<br>12:15 PM<br>Sit Down Lunch   | 9:30 AM<br>Coffee Hour<br>10:30AM & 1:00 PM<br>Chair Exercises<br>11:45 AM<br>Lunch Pick up<br>12:15 PM<br>Sit Down Lunch                                      |
| 6   | 7  | 8   | 9  | 10   |
| <b>CENTER CLOSED FOR LABOR DAY</b>  | 9:30 AM<br>Coffee Hour<br>11:45 AM<br>Lunch Pick up<br>12:15 PM<br>Sit Down Lunch  | 9:30 AM<br>Coffee Hour<br>10:30AM<br>Chair Exercises<br>11:45 AM<br>Lunch Pick up<br>12:15 PM<br>Sit Down Lunch   | 9:30 AM<br>BINGO!<br>11:45 AM<br>Lunch Pick Up<br>12:15 PM<br>Sit Down Lunch   | 9:30 AM<br>Coffee Hour<br>10:30AM & 1:00 PM<br>Chair Exercises<br>11:45 AM<br>Lunch Pick up<br>12:15 PM<br>Sit Down Lunch<br>12:00 PM<br>Pop-Up Farmers Market |
| 13  | 14   | 15  | 16   | 17   |
| 9:30 AM<br>Coffee Hour<br>10:30AM & 1:00 PM<br>Chair Exercises<br>11:45 AM<br>Lunch Pick up<br>12:15 PM<br>Sit Down Lunch | 9:30 AM<br>Coffee Hour<br>11:45 PM<br>Lunch Pick up<br>12:15 PM<br>Sit Down Lunch  | 9:30 AM<br>Coffee Hour<br>10:30 AM<br>Chair Exercises<br>11:45 AM<br>Lunch Pick up<br>12:15 PM<br>Sit Down Lunch  | 9:30 AM<br>BINGO!<br>11:45 AM<br>Lunch Pick Up<br>12:15 PM<br>Sit Down Lunch   | 9:30 AM<br>Coffee Hour<br>10:30AM & 1:00 PM<br>Chair Exercises<br>11:45 AM<br>Lunch Pick up<br>12:15 PM<br>Sit Down Lunch                                      |
| 20  | 21   | 22  | 23   | 24   |
| 9:30 AM<br>Coffee Hour<br>10:30AM & 1:00 PM<br>Chair Exercises<br>11:45 AM<br>Lunch Pick up<br>12:15 PM<br>Sit Down Lunch | 9:30 AM<br>Coffee Hour<br>11:45 PM<br>Lunch Pick up<br>12:15 PM<br>Sit Down Lunch  | 9:30 AM<br>Coffee Hour<br>10:30 AM<br>Chair Exercises<br>11:45 AM<br>Lunch Pick up<br>12:15 PM<br>Sit Down Lunch  | 9:30 AM<br>BINGO!<br>12:00 PM<br><b>Lunch and Learn</b><br>Preventing Home Accidents<br>Presented by LV Therapy<br><b>**NO REGULAR LUNCH**</b> | 9:30 AM<br>Coffee Hour<br>10:30AM & 1:00 PM<br>Chair Exercises<br>11:45 AM<br>Lunch Pick up<br>12:15 PM<br>Sit Down Lunch                                      |
| 27  | 28   | 29  | 30   |  |
| 9:30 AM<br>Coffee Hour<br>10:30AM & 1:00 PM<br>Chair Exercises<br>11:45 AM<br>Lunch Pick up<br>12:15 PM<br>Sit Down Lunch | 9:30 AM<br>Coffee Hour<br>10:00 AM<br>Craft<br>Button Tree Painting<br>11:45 PM<br>Lunch Pick up<br>12:15 PM<br>Sit Down Lunch | 9:30 AM<br>Coffee Hour<br>10:30AM<br>Chair Exercises<br>11:45 AM<br>Lunch Pick up<br>12:15 PM<br>Sit Down Lunch   | 9:30 AM<br>BINGO!<br>11:45 AM<br>Lunch Pick Up<br>12:15 PM<br>Sit Down Lunch   | Questions?<br>Call Anne Milne<br>610-398-1094  |