

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Menu	
P A P E R	C A R D B O A R D	2009	1. 9:30 1-1 Computer 9:30 Pinochle 10:30 Gentle Exercise 10:30 Summer Italian 11:30 Lunch 12:30 Pitch 1:00 Book Club 1:00 Artist's Studio	2. 9:00 Adult Fitness 9:15 Chess 10:00 Nordic Walk Talk 10:00 Trivia 10:05 Aerobics 11:30 Lunch 1:00 Veteran's Circle 1:00 Bridge	3. 10:00 Knitting 10:30 Gentle Exercise 11:30 Lunch 12:30 Rubber Bridge 12:30 Over Sixty Club 12:30 New Chair Yoga 1:00 No Table Tennis	4. 10:00 Adult Fitness 10:00 Bridge Lessons 11:30 Lunch 12:30 Duplicate Bridge 1:00 Mah Jong	Reservations—24 hr notice 565-4150 1. Lemon Chicken 2. Veal Parmesan 3. Salisbury Steak 4. Corn Chowder Fish & Chips	
			7. Labor Day Trash Pickup Delayed One Day	8. 9:30 Pinochle 10:30 Gentle Exercise 10:30 Summer Italian 11:30 Lunch 12:00 Italian Adv— Resumes 12:30 Pitch 1:00 Artist's Studio 1:00 Foloca Bd Mtg	9. 9:00 Adult Fitness 9:15 Chess 9:00 SHINE 10:00 New Nordic Walk 10:00 Trivia 10:05 Aerobics 11:30 Lunch 12:00 Red Hat Luncheon 1:00 Bridge 1:00 Wii	10. 10:00 Knitting 10:30 Gentle Exercise 11:30 Lunch 12:30 Rubber Bridge 12:30 Chair Yoga 1:00 Table Tennis 1:00 Massage		11. 10:00 Adult Fitness 10:00 Bridge Lessons 11:30 Lunch 12:30 Duplicate Bridge 1:00 Mah Jong
P L A S T I C	G L A S S E S	METAL	14. 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 11:00 Senator's Aide 11:30 Lunch 12:30 Duplicate Bridge	15. 9:30 Pinochle 10:00 Fidelco Talk 10:00 Emerson BP 10:30 Gentle Exercise 10:30 Summer Italian 11:30 Lunch 12:30 Pitch 12:00 Italian Adv 1:00 Discussion Group	16. 9:00 Blood Sugars 9:00 Adult Fitness 9:15 Chess 10:00 Nordic Walk 10:00 Trivia 10:05 Aerobics 11:30 Lunch 1:00 Bridge 1:00 Wii	17. 9:00 Hearing Screening 9:30 COA Bd Mtg 10:00 Knitting 10:30 Gentle Exercise 11:30 Lunch 12:00 Comcast Talk 12:30 Rubber Bridge 12:30 Chair Yoga	18. 8:40 New Tai Chi 9:00 Footcare 9:00 Adult Fitness 10:00 Living Well 10:00 Bridge Lessons 11:30 Lunch 12:30 Duplicate Bridge 12:30 Movie – Gran Torino 1:00 Mah Jong	14. Chicken Tenders 15. Steak & Cheese Sandwich 16. Stuffed Cabbage 17. BBQ Chicken 18. Seafood Chowder Herb Crusted Cod
			21. 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 11:30 Lunch 12:30 Duplicate Bridge 1:00 Jewelry Resumes	22. 9:30 Pinochle 10:30 Gentle Exercise 10:30 Summer Italian 11:30 Lunch 12:00 Italian Adv 12:30 Pitch 1:00 Journey to Jazz 1:00 Artist's Studio	23. 8:00 Total Lipids 9:00 Adult Fitness 9:15 Chess 9:00 SHINE 10:00 Nordic Walking 10:00 Trivia 10:00 Beg Computers 10:05 Aerobics 11:30 Lunch	24. 9:30 Big E 10:00 Knitting 10:30 Gentle Exercise 11:30 Birthday Bash 12:30 Rubber Bridge 12:30 Chair Yoga 1:00 Table Tennis 1:00 Massage	25. 8:40 Tai Chi 10:00 Adult Fitness 10:00 Bridge Lessons 11:30 Lunch 12:30 Duplicate Bridge 1:00 Mah Jong	21. Oven Roasted Chicken 22 Tomato Soup Grilled Ham & Cheese 23. Meat Lasagna 24. Birthday Bash Bourbon Steak Tips 25. Clam Chowder Florentine Pollock
P A P E R	C A R D B O A R D	28. 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 11:30 Lunch 12:30 Duplicate Bridge	29. 8:30 News Collating 9:30 Pinochle 10:00 Maternal Bd Mtg 10:30 Gentle Exercise 10:30 Summer Italian 11:30 Lunch 12:00 Italian Adv 12:30 Pitch	30. 9:00 Adult Fitness 9:15 Chess 10:00 Nordic Walking 10:00 Trivia 10:00 Beg Computers 10:05 Aerobics 11:30 Lunch 12:30 Apple Festival 1:00 Bridge 1:00 Wii	September		28. Swedish Meatballs 29. Chicken Primavera 30. Spaghetti & Meat Sauce	
			Calendar Sponsored by Dickinson Streeter Funeral Home					