


SUN	MON	TUE	WED	THUR	FRI	SAT							
	<b>ROOM KEY</b> BT - Bell Tower BTP - Bell Tower Park C-TV - Casa-TV CL - Computer Lab CY - Courtyard	9:00 Yoga for All (C-TV) 10:00 Silver Sneakers Cardio (C-TV) 1:30 Scenic Drive (BT) 2:00 Line Dancing (C-TV) 3:00 Seated Yoga/Qigong (C-TV)	<b>1</b> 9:00 Jane Fonda Walking Cardio (C-TV) <b>9:30 Rock Painting (BTP)</b> 9:45 Senior Low Impact Aerobics (C-TV) 10:45 Kathy's Aerobics Class (C-TV) 4:30 Happy Hour Cart (Sur Building) <b>5:30 Cornhole (CY)</b>	<b>2</b> 9:00 Yoga for All (C-TV) <b>10:00 Socially Distanced Group Bingo (CY)</b> 10:00 Silver Sneakers Core & Conditioning (C-TV) 2:00 Balance & Flexibility (C-TV) <b>2:30 Socially Distanced Group Bingo (CY)</b> 3:00 Seated Yoga/Qigong (C-TV) 7:30 Peter Sprague Live (C-TV)	<b>3</b> 9:00 Jane Fonda Walking Cardio (C-TV) 10:00 Silver Sneakers Cardio (C-TV) <b>2:00 Mobile Snack Cart (See Carillon for specific times)</b> 2:00 Kathy's Aerobics Class (C-TV) 2:00 Resale Shop & Home Store - 50% Off Sale 7:30 9 to 5 (C-TV)	<b>4</b> 8:45 Seated Yoga/Qigong (C-TV) 9:45 Senior Low Impact Aerobics (C-TV) 10:45 Zumba Gold (C-TV) 2:00 Line Dancing (C-TV) 4:30 Happy Hour Cart (Norte Building) 7:15 <i>The Call of the Wild</i> (C-TV)							
9:00 Yoga for All (C-TV) 11:00 Worship Service (C-TV) 2:00 Kathy's Aerobics Class (C-TV) 6:00 <i>Hello, Dolly!</i> (C-TV)	<b>6</b>	<b>Labor Day</b> 9:00 Silver Sneakers Core & Conditioning (C-TV) 10:00 Jane Fonda Walking Cardio (C-TV) <b>11:00 Fall Prevention &amp; Grounding Workshop (BTP)</b> 2:00 Balance & Flexibility (C-TV) 7:30 <i>Maiden</i> (C-TV)	<b>7</b>	9:00 Yoga for All (C-TV) 10:00 Silver Sneakers Cardio (C-TV) 1:30 Scenic Drive (BT) 2:00 Line Dancing (C-TV) 3:00 Seated Yoga/Qigong (C-TV)	<b>8</b>	<b>8:00 Hike Outing (BT)</b> 9:00 Jane Fonda Walking Cardio (C-TV) 9:45 Senior Low Impact Aerobics (C-TV) 10:45 Kathy's Aerobics Class (C-TV) 3:00 <i>Brothers on the Line</i> (C-TV) 4:30 Happy Hour Cart (Sur Building) <b>6:00 Sips n' Songs - Norte (La Terraza Entrance)</b>	<b>9</b>	9:00 Yoga for All (C-TV) 10:00 Silver Sneakers Core & Conditioning (C-TV) 2:00 Balance & Flexibility (C-TV) 3:00 Seated Yoga/Qigong (C-TV) 7:30 Peter Sprague Live (C-TV)	<b>10</b>	<b>Patriot Day</b> 9:00 Jane Fonda Walking Cardio (C-TV) 10:00 Resident Association Meeting (C-TV) 2:00 Kathy's Aerobics Class (C-TV) 2:00 Ice Cream Social Walk Thru (MP4 & DT) <b>5:30 Remembering 9/11 (BTP)</b> 7:30 <i>Stand by Me</i> (C-TV)	<b>11</b>	8:45 Seated Yoga/Qigong (C-TV) 9:45 Senior Low Impact Aerobics (C-TV) <b>10:00 Bucketball (CY)</b> 10:45 Zumba Gold (C-TV) 2:00 Apple & Windows Computer Club 2:30 Resident Association Meeting Replay (C-TV) 4:30 Happy Hour Cart (Norte Building) 7:15 <i>The Photograph</i> (C-TV)	<b>12</b>
9:00 Yoga for All (C-TV) 11:00 Worship Service (C-TV) 2:30 Resident Association Meeting Replay (C-TV) 6:00 <i>Opera - The Phantom of the Opera</i> (C-TV)	<b>13</b>	9:00 Silver Sneakers Core & Conditioning (C-TV) 10:00 Jane Fonda Walking Cardio (C-TV) 2:00 Balance & Flexibility (C-TV)	<b>14</b>	9:00 Yoga for All (C-TV) 10:00 Silver Sneakers Cardio (C-TV) 1:30 Scenic Drive (BT) 2:00 Line Dancing (C-TV) 3:00 Seated Yoga/Qigong (C-TV) 7:15 Classical Music Appreciation (C-TV)	<b>15</b>	9:00 Jane Fonda Walking Cardio (C-TV) 9:45 Senior Low Impact Aerobics (C-TV) 10:45 Kathy's Aerobics Class (C-TV) 12:00 Sept. B-day Rose Deliveries 1:30 Apple Help Session (CL) 3:00 <i>Mexico</i> (C-TV) 4:30 Happy Hour Cart (Sur Building) <b>5:30 Cornhole (CY)</b>	<b>16</b>	<b>Constitution Day and Citizenship Day</b> 9:00 Yoga for All (C-TV) 10:00 Silver Sneakers Core & Conditioning (C-TV) 1:00 Windows Help Session (CL) 2:00 Balance & Flexibility (C-TV) <b>2:00 Virtual Bingo (C-TV)</b> 3:00 Seated Yoga/Qigong (C-TV) 7:30 Peter Sprague Live (C-TV)	<b>17</b>	<b>National POW/MIA Recognition Day</b> 9:00 Jane Fonda Walking Cardio (C-TV) 10:00 Silver Sneakers Cardio (C-TV) <b>2:00 Mobile Snack Cart (See Carillon for specific times)</b> 2:00 Kathy's Aerobics Class (C-TV) 7:30 <i>The Current War</i> (C-TV)	<b>18</b>	8:45 Seated Yoga/Qigong (C-TV) 9:45 Senior Low Impact Aerobics (C-TV) 10:00 Craft Class (BTP) 10:45 Zumba Gold (C-TV) 2:00 Line Dancing (C-TV) 4:30 Happy Hour Cart (Norte Building) 7:15 <i>The Heiress</i> (C-TV)	<b>19</b>
<b>Wife Appreciation Day</b> 9:00 Yoga for All (C-TV) 11:00 Worship Service (C-TV) 2:00 Kathy's Aerobics Class (C-TV) 6:00 <i>Roberta</i> (C-TV)	<b>20</b>	<b>International Day of Peace</b> 4:00 Silver Sneakers Core & Conditioning (C-TV) 10:00 Jane Fonda Walking Cardio (C-TV) 10:00 Q&A with Management (C-TV) <b>11:00 Fall Prevention &amp; Grounding Workshop (BTP)</b> 2:00 Balance & Flexibility (C-TV) 7:30 <i>Harry and Snowman</i> (C-TV)	<b>21</b>	<b>First Day of Autumn National Voter Registration Day</b> 9:00 Yoga for All (C-TV) 10:00 Silver Sneakers Cardio (C-TV) 1:30 Scenic Drive (BT) 2:00 Line Dancing (C-TV) 3:00 Seated Yoga/Qigong (C-TV)	<b>22</b>	9:00 Jane Fonda Walking Cardio (C-TV) 9:45 Senior Low Impact Aerobics (C-TV) 10:45 Kathy's Aerobics Class (C-TV) 3:00 Country Tea (CY) 3:00 <i>Henry Purcell</i> (C-TV) 4:30 Happy Hour Cart (Sur Building) 7:15 <i>The Public</i> (C-TV)	<b>23</b>	9:00 Yoga for All (C-TV) 10:00 Silver Sneakers Core & Conditioning (C-TV) 2:00 Balance & Flexibility (C-TV) 3:00 Seated Yoga/Qigong (C-TV) 7:30 Peter Sprague Live (C-TV)	<b>24</b>	9:00 Jane Fonda Walking Cardio (C-TV) 10:00 Silver Sneakers Cardio (C-TV) 2:00 Kathy's Aerobics Class (C-TV) 2:00 Ice Cream Social Walk Thru (MP4 & DT) 7:30 <i>Red Joan</i> (C-TV)	<b>25</b>	8:45 Seated Yoga/Qigong (C-TV) 9:45 Senior Low Impact Aerobics (C-TV) <b>10:00 Cornhole (CY)</b> 10:45 Zumba Gold (C-TV) 2:00 Line Dancing (C-TV) 4:30 Happy Hour Cart (Norte Building) 7:15 <i>Missing</i> (C-TV)	<b>26</b>
9:00 Yoga for All (C-TV) 11:00 Worship Service (C-TV) 2:00 Kathy's Aerobics Class (C-TV) 6:00 <i>Opera - Un Ballo in Maschera</i> (C-TV)	<b>27</b>	9:00 Silver Sneakers Core & Conditioning (C-TV) 10:00 Jane Fonda Walking Cardio (C-TV) 2:00 Balance & Flexibility (C-TV) <b>2:00 Virtual Bingo (C-TV)</b>	<b>28</b>	<b>National Coffee Day</b> <b>8:00 Casa's Dog Show (C-TV)</b> 9:00 Yoga for All (C-TV) 10:00 Silver Sneakers Cardio (C-TV) 1:30 Scenic Drive (BT) 2:00 Line Dancing (C-TV) 3:00 Seated Yoga/Qigong (C-TV) <b>5:00 Casa's Dog Show (C-TV)</b>	<b>29</b>	9:00 Jane Fonda Walking Cardio (C-TV) 9:45 Senior Low Impact Aerobics (C-TV) 10:45 Kathy's Aerobics Class (C-TV) <b>12:00 Casa's Dog Show (C-TV)</b> 3:00 <i>Hamilton: Building America</i> (C-TV) <b>4:00 Casa's Dog Show (C-TV)</b> 6:00 <i>Sips n' Songs - Sur</i> (CY)	<b>30</b>						

# September 2020

IL Calendar

Independent Living Activities