

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1 <b>Stay Strong and Sturdy</b> 10 a.m. Balance Dance 4544 S. Lamar Blvd	2
3	4 <b>LABOR DAY</b>	5 <b>Stay Strong and Sturdy</b> 9 a.m. Balance Dance 4544 S. Lamar Blvd	6 <b>Stay Smart</b> 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane, Austin, TX 78748	7 <b>Stay Strong and Sturdy</b> 11 a.m. Go Dance 4477 S. Lamar Blvd #530	8 <b>Stay Strong and Sturdy</b> 10 a.m. Balance Dance 4544 S. Lamar Blvd	9
10	11 <b>Early Morning Park Walk</b> 8 a.m. Dick Nichols Park 8011 Beckett Rd, 78749	12 <b>Stay Strong and Sturdy</b> 9 a.m. Balance Dance 4544 S. Lamar Blvd	13 <b>Changing is Cool "How to manage change as you age"</b> 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane, Austin 78748	14 <b>Stay Strong and Sturdy</b> 11 a.m. Go Dance 4477 S. Lamar Blvd #530	15 <b>Stay Strong and Sturdy</b> 10 a.m. Balance Dance 4544 S. Lamar Blvd	16
17 <b>Austin Museum Day</b> FREE Access to Austin Museums- watch email for details on where we will be	18 <b>Belly Dancing for Beginners</b> 2 p.m.- 3 p.m. Balance Dance Studio 4544 S. Lamar Blvd	19 <b>Stay Strong and Sturdy</b> 9 a.m. Balance Dance 4544 S. Lamar Blvd	20 <b>Stay Smart</b> 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane, Austin, TX 78748	21 <b>Stay Strong and Sturdy</b> 11 a.m. Go Dance 4477 S. Lamar Blvd #530	22 <b>Stay Strong and Sturdy</b> 10 a.m. Balance Dance 4544 S. Lamar Blvd	23
24 <b>ACTIVE AGING WEEK</b>	25 <b>Remembering Princess Diana</b> 1:30-2:30 p.m. Brookdale Gaines Ranch 4409 Gaines Ranch Loop, Austin, 78735	26 <b>Yoga</b> 9 a.m. Balance Dance 4544 S. Lamar Blvd	27 <b>Stay Smart</b> 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane, Austin	28 <b>Stay Strong and Sturdy</b> 11 a.m. Go Dance 4477 S. Lamar Blvd #530	29 <b>Stay Strong and Sturdy</b> 10 a.m. Balance Dance 4544 S. Lamar Blvd	30

