


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																														
OPEN GYM 1	Labor Day OPEN GYM 2	OPEN GYM 3 9:30 ♥ Blood Pressure Check [TC] 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 2:00 ♥ Custom Exercise Workouts [WC]	OPEN GYM 4 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 2:00 ♥ Custom Exercise Workouts [WC]	OPEN GYM 5 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 2:00 ♥ Custom Exercise Workouts [WC]	OPEN GYM 6 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 12:00 ♥ Tai Chi Class \$ [CR]	OPEN GYM 7																														
OPEN GYM 8	OPEN GYM 9 9:30 ♥ Aqua Exercise [BT] 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 12:00 ♥ Tai Chi Class \$ [CR] 2:30 ♥ Custom Exercise Workouts [WC]	OPEN GYM 10 9:30 ♥ Blood Pressure Check [TC] 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 2:00 ♥ Custom Exercise Workouts [WC]	OPEN GYM 11 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 2:00 ♥ Custom Exercise Workouts [WC]	OPEN GYM 12 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 2:00 ♥ Custom Exercise Workouts [WC]	OPEN GYM 13 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 12:00 ♥ Tai Chi Class \$ [CR]	OPEN GYM 14																														
OPEN GYM 15	OPEN GYM 16 9:30 ♥ Aqua Exercise [BT] 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 12:00 ♥ Tai Chi Class \$ [CR] 2:30 ♥ Custom Exercise Workouts [WC]	OPEN GYM 17 9:30 ♥ Blood Pressure Check [TC] 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 2:00 ♥ Custom Exercise Workouts [WC]	OPEN GYM 18 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 2:00 ♥ Custom Exercise Workouts [WC]	OPEN GYM 19 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 2:00 ♥ Custom Exercise Workouts [WC]	OPEN GYM 20 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 12:00 ♥ Tai Chi Class \$ [CR]	OPEN GYM 21																														
OPEN GYM 22	OPEN GYM 23 9:30 ♥ Aqua Exercise [BT] 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 12:00 ♥ Tai Chi Class \$ [CR] 2:30 ♥ Custom Exercise Workouts [WC]	OPEN GYM 24 9:30 ♥ Blood Pressure Check [TC] 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 2:00 ♥ Custom Exercise Workouts [WC]	OPEN GYM 25 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 2:00 ♥ Custom Exercise Workouts [WC]	OPEN GYM 26 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 2:00 ♥ Custom Exercise Workouts [WC]	OPEN GYM 27 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 12:00 ♥ Tai Chi Class \$ [CR]	OPEN GYM 28																														
OPEN GYM 29	OPEN GYM 30 9:30 ♥ Aqua Exercise [BT] 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 12:00 ♥ Tai Chi Class \$ [CR] 2:30 ♥ Custom Exercise Workouts [WC]	 <p>Independent Living • Assisted Living • Memory Care</p>					<p>Location Keys</p> <p>Bus Trip BT Community Room CR Theatre/Chapel TC Wellness Center WC</p>																													
						<p>Resident Birthdays</p> <table border="0"> <tr><td>Elizabeth G.</td><td>9/2</td></tr> <tr><td>Jean W.</td><td>9/2</td></tr> <tr><td>Lucile N.</td><td>9/4</td></tr> <tr><td>Andy K.</td><td>9/8</td></tr> <tr><td>Jerry V.</td><td>9/12</td></tr> <tr><td>Gloria G.</td><td>9/12</td></tr> <tr><td>Donna J "Rosalie" N.</td><td>9/16</td></tr> <tr><td>Cathie P.</td><td>9/17</td></tr> <tr><td>Murial W.</td><td>9/18</td></tr> <tr><td>Anita B.</td><td>9/19</td></tr> <tr><td>Elaine G.</td><td>9/19</td></tr> <tr><td>Charles "Chuck" D.</td><td>9/22</td></tr> <tr><td>Michael P.</td><td>9/25</td></tr> <tr><td>Jim O.</td><td>9/27</td></tr> <tr><td>James P.</td><td>9/30</td></tr> </table>	Elizabeth G.	9/2	Jean W.	9/2	Lucile N.	9/4	Andy K.	9/8	Jerry V.	9/12	Gloria G.	9/12	Donna J "Rosalie" N.	9/16	Cathie P.	9/17	Murial W.	9/18	Anita B.	9/19	Elaine G.	9/19	Charles "Chuck" D.	9/22	Michael P.	9/25	Jim O.	9/27	James P.	9/30
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