

Monday	Tuesday	Wednesday	Thursday	Friday
<i>(Programs in Italics are hosted/sponsored here by guest organizations . . . If a fee is indicated, make payment directly to host organization)</i>				
TRANSPORTATION: Medical ACTIVITY LOCATION KEY AU Auditorium FR Fitness Rm CA Card Room GA Gallery CL Computer Lab GR Game Rm CO Conference Rm LO Lobby C1 Craft Room #1 PA Patio C2 Craft Room #2	TRANSPORTATION: Medical 1 9:30 Improver LineDance -AU 10:15 Bingo 1:00 MAH JONGG 1:30 Sun style TaiChi w/Galina-AU	TRANSPORTATION: Medical 2 9:30 Easy LineDance-CA 10:00-3:00 Poker -CA 10:45 Chair Fitness w/Jackie-AU 12:30 Ice Cream Sundae Social !!! 1:00 Samba Canasta -CA 1:30 TaiChi for Arthritis/Fall Prevention	3 10:00 MAH JONGG 10:15 Bingo-CA 1:00 Samba Canasta-CA 1:00 Bible Study -C2 1:30 TaiChi Yang Style (short)-AU <i>(5:30 W Hwood Lions Club meets)</i>	4 9:30 <i>ChairYoga</i> -AU 10:45 Chair Fitness ^w/Jackie-AU 10:00-3:00 Poker -CA 12:15 Speaker Raold Hazelhoff: Alabama's Natural Wonders (slide show) 1:00 Samba Canasta -CA
7 Senior Center CLOSED in observance of Labor Day BOOK CLUB, anyone? If this interests you, please add your name in the sign-up book. We are considering resuming this activity.	8 9:30 Improver LineDance -AU 10:15 Bingo 1:00 MAH JONGG 1:30 Sun style TaiChi w/Galina-AU (2:00 Finish LeatherCraft project)	9 9:30 Easy LineDance -CA 10:00-3:00 Poker -CA 10:45 Chair Fitness w/Jackie-AU 10:45 Depart for Lunch: Pho Place Vietnamese, Hwy 280 1:00 Samba Canasta-CA 1:30 TaiChi for Arthritis/Fall Prevention	10 10:00 MAH JONGG 10:15 Bingo 1:00 Samba Canasta-CA 1:00 Bible Study-C2 1:30 TaiChi Yang Style (short)-AU	11 9:30 <i>ChairYoga</i> -AU 10:45 Chair Fitness ^w/Jackie-AU 10:00-3:00 Poker -CA 1:00 Samba Canasta -CA 3:30 Niki Sepsas presents: Canada's Maritime Provinces—Birthplace of Confederation
14 <i>(8a-Noon Quilters Guild-AU)</i> NO Chair Fitness 2:30 Clay Class w/JoAnn	15 9:30 Improver LineDance -AU 10:15 Bingo sponsored by ProHealth 12:30 Celebrate September Birthdays w/Cake & IceCream sponsored by ProHealth Home Health & Hospice (Belinda)  1:00 MAH JONGG 1:30 Sun style TaiChi w/Galina-AU	16 9:30 Easy LineDance -CA 10:00-3:00 Poker -CA 10:45 Chair Fitness w/Jackie -AU 1:00 Samba Canasta -CA 1:30 TaiChi for Arthritis/Fall Prevention (2:00 Finish LeatherCraft project)	17 10:00 MAH JONGG 10:15 Bingo-CA 1:00 Samba Canasta-CA 1:00 Bible Study-C2 1:30 TaiChi Yang Style (short)-AU <i>(5:30 W Hwood Lions Club meets)</i>	18 9:30 <i>ChairYoga w/Jackie</i>-AU 10:45 Chair Fitness ^w/Jackie-AU 10:00-3:00 Poker -CA 1:00 Samba Canasta -CA
21 Fall Prevention Awareness Week 10:45 Chair Fitness 2:30 Clay Class w/JoAnn	22 9:15—1:15 TRANSPORTATION SERVICE INFO PRESENTATION by MAX on Demand (Booth in Lobby before/after Lunch & Speaker in Auditorium at 12:15) 9:30 Improver LineDance -AU 10:15 Bingo 1:00 MAH JONGG 1:30 Sun style TaiChi w/Galina-AU	23 9:30 Easy LineDance -CA 10:00-3:00 Poker -CA 10:45 Chair Fitness w/Jackie -AU 1:00 Samba Canasta -CA 1:15 BUNCO Party w/Prizes 1:30 TaiChi for Arthritis/Fall Prevention	24 9:00 Breakfast Social on Patio featuring: pecan-crusted French Toast, sausage, eggs, & juice. 10:00 MAH JONGG 10:15 Bingo-CA 1:00 Samba Canasta-CA 1:00 Bible Study -C2 1:30 TaiChi Yang Style (short)-AU	25 9:30 <i>ChairYoga w/Jackie</i> 10:45 Chair Fitness ^w/Jackie-AU 10:00-3:00 Poker -CA 12:15 Wellness Speaker Lori: Stay on Your Feet, Not on the Floor <i>(sponsored by Quality1 Home Care)</i> 1:00 Samba Canasta-CA
28 10:45 Chair Fitness 2:30 Clay Class w/JoAnn AimeeThornton, Center Director aimee.thornton@homewoodal.org Vivian Smith, Administrative Asst vivian.smith@homewoodal.org	29 9:30 Improver LineDance -AU 10:15 Bingo 1:00 MAH JONGG 1:30 Sun style TaiChi w/Galina-AU	30 9:30 Easy LineDance -CA 10:00-3:00 Poker -CA 10:45 Chair Fitness w/Jackie -AU 1:00 Samba Canasta -CA 1:30 TaiChi for Arthritis/Fall Prevention	Sept 4th <i>Raold Hazelhoff, Director of Southern Environmental Center will offer a slide presentation to educate us on several Natural Wonders here in our own state.</i> Sept 11th <i>A look at the Canadian provinces of New Brunswick, Nova Scotia, & Prince Edward Island & the role they played in creating the Dominion of Canada.</i> Sept 25th <i>For Fall Prevention Week, Lori from Quality1 HomeCare will present reminders to consider in order to decrease risks of falling..</i>	