

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| <p>2 CLOSED FOR LABOR DAY</p> | <p>3 8:30 AEROBICS 9:30 BALANCE CLASS 11:30 SESCIL SINGERS 1:00 BRIDGE 1:30 "SIZZLING" SALSA</p> | <p>4 9:00 DENTISTRY BY APPOINTMENT 9:30 PODIATRY 9:30 STRETCH & FLEX 10:45 CHI KUNG 12:00 CHIROPRACTIC CARE 12:30 CHAIR YOGA 1:45 SPANISH INTERMEDIATE 3:00 SPANISH BEGINNERS</p> | <p>5 8:00 NURSE BY APPOINTMENT 8:30 AEROBICS 9:00 DENTISTRY BY APPOINTMENT 10:00 WATERCOLOR 10:00 COMPUTER CLASS 11:30 SESCIL VOICE CLASS 1:30 YOGA</p> | <p>6 9:30 NEW HORIZONS GROUP 1:30 FRENCH CONVERSATION</p> |
| <p>9 8:45 BELLY DANCING 9:30 KNITTING 10:00 HEALTH RELATED ISSUES 10:00 ITALIAN CONVERSATION 11:15 YOGA 11:30 CHIROPRACTIC CARE 12:30 BRIDGE 1:30 STRETCH AND FLEX</p> | <p>10 8:30 AEROBICS 9:30 BALANCE CLASS 11:30 SESCIL SINGERS 1:00 BRIDGE 1:30 "SIZZLING" SALSA</p> | <p>11 8:15 TAI CHI 9:00 DENTISTRY BY APPOINTMENT 9:30 PODIATRY 9:30 STRETCH & FLEX 10:45 CHI KUNG 12:00 CHIROPRACTIC CARE 12:30 CHAIR YOGA 1:45 SPANISH INTERMEDIATE 3:00 SPANISH BEGINNERS</p> | <p>12 8:00 NURSE BY APPOINTMENT 8:30 AEROBICS 9:00 DENTISTRY BY APPOINTMENT 10:00 WATERCOLOR 11:30 SESCIL VOICE CLASS 1:30 YOGA</p> | <p>13 9:30 NEW HORIZONS GROUP 1:30 FRENCH CONVERSATION</p> |
| <p>16 8:45 BELLY DANCING 9:30 KNITTING 10:00 HEALTH RELATED ISSUES 10:00 ITALIAN CONVERSATION 11:15 YOGA 11:30 CHIROPRACTIC CARE 12:30 BRIDGE 1:30 STRETCH AND FLEX</p> | <p>17 8:30 AEROBICS 9:30 BALANCE CLASS 11:30 SESCIL SINGERS 1:00 BRIDGE 1:30 "SIZZLING" SALSA</p> | <p>18 8:15 TAI CHI 9:00 DENTISTRY BY APPOINTMENT 9:30 PODIATRY 9:30 STRETCH & FLEX 10:45 CHI KUNG 12:00 CHIROPRACTIC CARE 12:30 CHAIR YOGA 1:45 SPANISH INTERMEDIATE 3:00 SPANISH BEGINNERS</p> | <p>19 8:00 NURSE BY APPOINTMENT 8:30 AEROBICS 9:00 DENTISTRY BY APPOINTMENT 10:00 COMPUTER CLASS 10:00 WATERCOLOR 11:30 SESCIL VOICE CLASS 1:00 BOOK CLUB 1:30 YOGA</p> | <p>20 9:30 NEW HORIZONS 1:30 FRENCH CONVERSATION</p> |
| <p>23 8:45 BELLY DANCING 9:30 KNITTING 10:00 HEALTH RELATED ISSUES 10:00 ITALIAN CONVERSATION 11:15 YOGA 11:30 CHIROPRACTIC CARE 12:30 BRIDGE 1:30 STRETCH AND FLEX</p> | <p>24 8:30 AEROBICS 9:30 BALANCE CLASS 11:30 SESCIL SINGERS 1:00 BRIDGE 1:30 "SIZZLING" SALSA</p> | <p>25 8:15 TAI CHI 9:00 DENTISTRY BY APPOINTMENT 9:30 NO PODIATRY 9:30 STRETCH & FLEX 10:45 CHI KUNG 12:00 CHIROPRACTIC CARE 12:30 CHAIR YOGA 1:45 SPANISH INTERMEDIATE 3:00 SPANISH BEGINNERS</p> | <p>26 8:00 NURSE BY APPOINTMENT 8:30 AEROBICS 9:00 DENTISTRY BY APPOINTMENT 10:00 WATERCOLOR 11:30 SESCIL VOICE CLASS 1:30 YOGA</p> | <p>27 9:30 NEW HORIZONS 1:30 FRENCH CONVERSATION</p> |
| <p>30 8:45 BELLY DANCING 9:30 KNITTING 10:00 HEALTH RELATED ISSUES 10:00 ITALIAN CONVERSATION 11:15 YOGA 11:30 CHIROPRACTIC CARE 12:30 BRIDGE 1:30 STRETCH AND FLEX</p> | | | | |