

Sun	Mon	Tue	Wed	Thu	Fri	Sat																																																																																											
			1 Box Luncheon 11:30 Healthy Weight Challenge 12:30 Euchre	2 Late Bird Bowling 12:30 Grand Valley Strings 6:45	3 Enhance Fitness 9:15 & 10:30 Friday Brunch 10-12 Fit to be Tied Quilters at First Christian Church 9-12	4 																																																																																											
5 	6 Labor Day Holiday	7 Early Bird Bowling 9:00 Line Dance 10:00 Duplicate Bridge 1:00	8 Box Luncheon 11:30 Healthy Weight Challenge 12:30 Euchre	9 COA Board Mtg. 9:00 Late Bird Bowling 12:30 GrandValley Strings 6:45	10 Friday Brunch 10-12	11 																																																																																											
12	13 Armchair Exercise 9:00 EnhanceFitness 9:15 & 10:30	14 Early Bird Bowling 9:00 Cardio Salsa 10:00 Partner Bridge 1:00	15 EnhanceFitness 9:15&10:30 Box Luncheon 11:30 Healthy Weight Challenge	16 Late Bird Bowling 12:30 Grand Valley Strings 6:45	17 Friday Brunch 10-12 EnhanceFitness 9:15 & 10:30 Fit to be Tied Quilters at First Christian Church 9-12	18 																																																																																											
19	20 Social Security 9-12 Armchair Exercise 9:00 EnhanceFitness 9:15 & 10:30 Caregiver Support 2:30	21 Early Bird bowling 9:00 Line Dancing 10:00 Duplicate Bridge 1:00 Tai Chi 1:00	22 EnhanceFitness 9:15&10:30 Vision Support Group 9:30 Box Luncheon Euchre 12:30 11:30 Weight Challenge	23 Autumn Harvest Dinner Late Bird Bowling 12:30 Grand Valley Strings 6:45	24 EnhanceFitness 9:15 & 10:30 Friday Brunch 10 - 12																																																																																												
26	27 Armchair Exercise 9:00 EnhanceFitness 9:15 & 10:30	28 Early Bird Bowling 9:00 Cardio Salsa 10:00 Partner Bridge 1:00 Tai Chi 1:00 & Intro 4:30	29 EnhanceFitness 9:15 & 10:30 Box Luncheon 11:30 Healthy Weight Challenge Euchre 12:30	30 Late Bird Bowling 12:30 Grand Valley Strings 6:45																																																																																													
<h1>September 2010</h1>					August																																																																																												
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