



WEEKLY ACTIVITIES

Mon. Sept. 4: Happy Labor Day!

12:00 pm - Hot Dogs!

1:00 pm - Labor Day BINGO!

2:00 pm - Ice Cream Social!

Tues. Sept. 5: 10:00 pm - Low Impact Exercise

2:00 pm - Superman ... the movie

Wed. Sept. 6: 10:00 am - Chair Dance Yoga

2:00 pm - Shopping - Five Degrees Below

5:30 pm - Bus leaves for S.O. Bowling

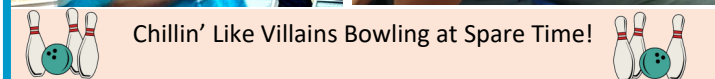
Thur., Sept. 7: 10:00 am - Light Weight-Lifting

2:00 pm - No Activities - Staff Work Day

Frid., Sept. 8: 10:00 am - Walk-a-Mile

2:00 pm - S.O. Bowling Practice

Sat., Sept. 9: 9:30 am - St. Alban's Pancake Breakfast



Autumn Arts & Crafts ...Happy Fall, Y'All!

