

PCU Calendar September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 Drum Fitness	2 10:00 Joy Through Movement w/Richard
3 2:00 Musical Matinee	4 Labor Day 10:15 Rhythm & Balance w/Torri 2:00 Garden w/Fiona 4:00 BINGO	5 10:00 Chair Yoga w/Rayner 10:45 Art w/Heather 2:00 Collage	6 11:00 Exercise w/Donna 2:00 Crossword 6:00 Movie Night	7 10:00 Exercise w/Carl 2:00 NY Times Discussion	8 10:00 Drum Fitness	9 10:00 Joy Through Movement w/Richard
10 Grandparent's Day 2:00 Musical Matinee	11 10:15 Rhythm & Balance w/Torri 1:30 Scenic Drive 4:00 BINGO	12 10:00 Chair Yoga w/Rayner 10:45 Art w/Heather 2:00 Collage	13 11:00 Exercise w/Donna 2:00 Crossword 6:00 Movie Night	14 10:00 Exercise w/Carl 2:00 NY Times Discussion	15 10:00 Drum Fitness 3:00 Sep Birthday Party	16 10:00 Joy Through Movement w/Richard
17 2:00 Musical Matinee	18 10:15 Rhythm & Balance w/Torri 2:00 Garden w/Fiona 4:00 BINGO	19 10:00 Chair Yoga w/Rayner 10:45 Art w/Heather 2:00 Collage	20 11:00 Exercise w/Donna 4:00 Resident Council 6:00 Movie Night	21 10:00 Exercise w/Carl 2:00 NY Times Discussion	22 First Day of Fall 10:00 Drum Fitness	23 10:00 Joy Through Movement w/Richard
24 2:00 Musical Matinee	25 10:15 Rhythm & Balance w/Torri 2:00 Garden w/Fiona 4:00 BINGO	26 10:00 Chair Yoga w/Rayner 10:45 Art w/Heather 2:00 Collage	27 11:00 Exercise w/Donna 2:00 Crossword 6:00 Movie Night	28 10:00 Exercise w/Carl 2:00 NY Times Discussion	29 10:00 Drum Fitness	30 10:00 Joy Through Movement w/Richard

Quote for September:

Helen Hunt Jackson

"By all these lovely tokens September days are here, with summer's best of weather and autumn's best of cheer."