



September 2020 Outdoor Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 7 am – Sunrise Yoga 8:30 am – Muscular Endur. 9 am – Bike for Coffee 9:30 am - Cycling 10 am – 650 Players Social 2 pm - Ukulele 4 pm – Beginning Tai Chi 6 pm – Restorative Yoga	2 7 am – Rise & Shine #1 8:30 am – Stretch & Balance 9 am – Gardening Group 10 am – Walking Wed.'s	3 7 am – Sunrise Yoga 8:30 am – Muscular Endur. 9:30 am - Cycling 1 pm – Kentucky Pre-Derby	4 7 am – Rise & Shine #1 10 am – Beginning Tai Chi	
6	7	8 7 am – Sunrise Yoga 8:30 am – Muscular Endur. 9 am – Bike for Coffee 9:30 am - Cycling 11 am – Terrific Tuesday 2 pm - Ukulele 4 pm – Beginning Tai Chi 6 pm – Restorative Yoga	9 7 am – Rise & Shine #1 8:30 am – Stretch & Balance 9 am – Gardening Group 10 am – Walking Wed.'s 10 am – Veterans Connect 1 pm – Autumn Cardmaking 1 pm – Brunette Blossoms	10 7 am – Sunrise Yoga 8:30 am – Muscular Endur. 9:30 am - Cycling 10 am – Pottery Handbldg 2 pm – Drum Circle	11 7 am – Rise & Shine #1 10 am – Mosaic Tile 10 am – Beginning Tai Chi 1 pm – Financial Friday	
13	14	15 7 am – Sunrise Yoga 8:30 am – Muscular Endur. 9 am – Bike for Coffee 9:30 am - Cycling 10 am – Savvy Seniors 2 pm - Ukulele 4 pm – Beginning Tai Chi 6 pm – Restorative Yoga	16 7 am – Rise & Shine #2 8:30 am – Stretch & Balance 9 am – Gardening Group 10 am – Walking Wed.'s 11 am – Senior Picnic	17 7 am – Sunrise Yoga 8:30 am – Muscular Endur. 9:30 am - Cycling 2 pm – 650 D & A Duo	18 7 am – Rise & Shine #2 10 am – Caring/Loss Support Group 10 am – Beginning Tai Chi 1 pm – Needle Arts	
	14 Labor Day Holiday 7 am – Rise & Shine #2 9:30 - Tang Soo Do 10 am - Watercolor 1 pm – Line Dance 2 pm – Focus on Issues 4 pm – Strengthen Bones					

September 2020 Outdoor Programs Cont.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21	22	23	24	25	26
	7 am – Rise & Shine #2 9:30 - Tang Soo Do 10 am – Watercolor 12:30 pm – Creation Stat. 1 pm – Line Dance 2 pm – Social Hour 4 pm – Strengthen Bones	7 am – Sunrise Yoga 8:30 am – Muscular Endur. 9 am – Bike for Coffee 9:30 am - Cycling 10 am – Barnwood Painting 2 pm - Ukulele 4 pm – Beginning Tai Chi 6 pm – Restorative Yoga	7 am – Rise & Shine #2 8:30 am – Stretch & Balance 9 am – Gardening Group 10 am – Walking Wed.'s 10 am – Western Bingo 1 pm – Sea Glass Pendant	7 am – Sunrise Yoga 8:30 am – Muscular Endur. 9:30 am - Cycling 11 am – Womens’ Luncheon 2 pm – Drum Circle	7 am – Rise & Shine #2 10 am – Visually Impaired Support Group 10 am – Beginning Tai Chi 1 pm – Needle Arts	
27	28	29	30			
	9:30 am - Tang Soo Do 10 am – Painting Workshop 1 pm – Line Dance 2 pm – Focus on Issues 4 pm – Strengthen Bones	7 am – Sunrise Yoga 8:30 am – Muscular Endur. 9 am – Bike for Coffee 9:30 am - Cycling 10 am – Life Drawing 2 pm - Ukulele 4 pm – Beginning Tai Chi 6 pm – Restorative Yoga	8:30 am – Stretch & Balance 9 am – Gardening Group 9:30 am – Zentangle Leaf 10 am – Walking Wed.'s 1:30 pm – Diffuser Pendant			
			Registration is <u>required</u> through <i>MyActiveCenter</i> (preferred) or by calling 248.608.0251 on Tuesday or Thursday 9 am – 2 pm - <i>Don't wait to register - Limited capacity</i>			