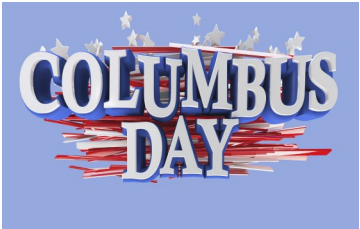


Monday	Tuesday	Wednesday	Thursday	Friday
2 8:45 90-Day Challenge (Quads & Hamstrings) 9:00 Meditation/Inspiration 9:30 Senior Tabata Boot Camp 10:30 Pilates 10:30 Therapeutic Treatments (Chair Massage) 1:30 Phase 10/Pokeno 2:00 Enhance Wholeness Lifestyle (Lecture)	3 8:45 90-Day Challenge (Quads & Hamstrings) 9:00 Meditation/Inspiration 9:00 Blood Pressure 9:30 Chair Fitness  10:45 Chat with Nat –Daily 4 1:30 Sewing  2:00 Yoga 3:00 Hand Dancing	4 8:45 90-Day Challenge (Quads & Hamstrings) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 9:30 Senior Tabata Boot Camp 10:30 ASSEMBLY MEETING  1:00 Spiritual Studies 1:00 Community Development Committee	5 8:45 90-Day Challenge (Quads & Hamstrings) 9:00 Meditation/Inspiration 10:00 Mobile Market 10:00 Choir 10:00 PRESENTATION-Health & Rehabilitation 12:30 Book Club (NEW) 12:30 African Drum 11:30 Phase 10/Pokeno 1:30 Chair Yoga  2:30 Chat w/Nat—My Bingo Plate	6 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak  10:00 Crochet 10:40 Kinesiology Klub 12:30 Chat w/Nat - Apple 1:00 PROGRAM-Howard University-At Risk 1:00 
9 CENTER CLOSED 	10 8:45 90-Day Challenge (Quads & Hamstrings) 9:00 Meditation/Inspiration 9:00 Blood Pressure 9:30 Chair Fitness 10:00 Ward 8 Mini Commission 10:30 Sunshine Club 10:45 Chat w/Nat - Vegetarianism in a Nutshell 1:00 BOKWA  1:30 Sewing  2:00 Yoga 2:30 Club Memory 3:00 Hand Dancing	11 8:45 90-Day Challenge (Quads & Hamstrings) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 9:30 Senior Tabata Boot Camp 10:30 Pilates 10:30 Health Education w/Brenda 1:00 Spiritual Studies 1:30 Tai Chi 3D (NEW)  2:30 Enhanced Fitness	12 8:45 90-Day Challenge (Quads & Hamstrings) 9:00 Meditation/Inspiration 10:00 Choir 10:00 Mobile Market 12:30 African Drum  1:30 Phase 10/Pokeno 1:30 Chair Yoga 2:30 Breathe, Release & Relax: Meditation (NEW) 2:30 Chat with Nat-Cooking Demo	13 8:30 Enhance Fitness 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak  10:00 Crochet 10:00 Medicare Patrol 12:30 Chat w/Nat - Lunch & Learn - Nuts 1:00 Tai Chi 3D (NEW) 1:00 Kuumba Learning Center Performance
16 8:45 90-Day Challenge (Quads & Hamstrings) 9:00 Meditation/Inspiration 9:00 Therapeutic Treatments (Chair Massage) 9:30 Senior Tabata Boot Camp 10:00 Enhance Wholeness Lifestyle 10:30 Pilates 1:00 Enhance Fitness 1:15 Phase 10/Pokeno 2:00 Tai Chi 3D (NEW)	17 8:45 90-Day Challenge (Quads & Hamstrings) 9:00 Meditation/Inspiration 9:30 Chair Fitness 10:45 Chat with Nat—Foods that can reduce the Risk of Breast Cancer 11:00 Blood Pressure 1:30 Sewing  2:00 Yoga  3:00 Hand Dancing 	18 8:45 90-Day Challenge (Quads & Hamstrings) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 9:30 Senior Tabata Boot Camp 10:00 Advisory Board Meeting 10:30 Pilates  10:30 Health Education w/Brenda  1:00 Spiritual Studies 1:00 Community Development Committee 1:30 Tai Chi 3D (NEW) 2:30 Enhanced Fitness	19 8:45 90-Day Challenge (Quads & Hamstrings) 9:00 Meditation/Inspiration 10:00 Mobile Market 10:00 Choir  12:30 African Drum 11:30 Phase 10/Pokeno 1:30 Chair Yoga  2:30 Breathe, Release & Relax: Meditation (NEW) 2:30 Chat with Nat - Diabetes Support Group	20 8:30 Enhance Fitness 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak  10:00 Crochet 10:40 Kinesiology Klub  12:30 Chat w/Nat - Lunch & Learn - Pumpkin 1:00 Tai Chi 3D (NEW) 1:00 

23 8:45 90-Day Challenge (Quads & Hamstrings) 9:00 Meditation/Inspiration 9:00 Therapeutic Treatments (Chair Massage) 9:30 Senior Tabata Boot Camp 10:00 Enhance Wholeness Lifestyle 10:30 Pilates  1:30 Phase 10/Pokeno  1:00 Enhance Fitness 2:00 Tai Chi 3D (NEW)	24 8:45 90-Day Challenge (Quads & Hamstrings) 9:00 Meditation/Inspiration  9:30 Chair Fitness 10:45 Chat w/Nat– PB&J Protect Your Bones & Joints 11:00 Blood Pressure  1:00 Men’s Locker Room - Discussion “What’s on Your Mind” 1:00 BOKWA 1:30 Sewing 2:00 Yoga  2:30 Club Memory 3:00 Hand Dancing	25 8:45 90-Day Challenge (Quads & Hamstrings) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 9:30 Senior Tabata Boot Camp 10:30 Pilates  1:00 Spiritual Studies 1:30 Tai Chi 3D (NEW) 2:30 Enhance Fitness	26 8:45 90-Day Challenge (Quads & Hamstrings) 9:00 Meditation/Inspiration 10:00 Mobile Market 10:00 Choir  12:30 African  1:30 Phase 10/Pokeno  1:30 Chair Yoga 2:30 Breathe, Release & Relax: Meditation (NEW) 2:30-Chat w/Nat - Nutrition Concentration	27 8:30 Enhance Fitness  9:00 Meditation/Inspiration 9:30 Fitness w/Kojak 10:00 Crochet 12:30 Chat w/Nat - Popcorn 1:00 Tai Chi 3D (NEW) 1:00 Birthday 
30 8:45 90-Day Challenge (Quads & Hamstrings) 9:00 Meditation/Inspiration 9:00 Therapeutic Treatments (Chair Massage) 9:30 Senior Tabata Boot Camp 10:00 Enhance Wholeness Lifestyle (Lecture) 10:30 Pilates  1:00 Enhance Fitness 1:30 Phase 10/Pokeno  2:00 Tai Chi 3D (NEW)	31 8:45 90-Day Challenge (Quads & Hamstrings) 9:00 Meditation/Inspiration 9:30 Chair Fitness 10:45 Chat w/Nat - Nutritional Tricks or Treats 11:00 Blood Pressure  1:30 Sewing 2:00 Yoga 3:00 HALLOWEEN PARTY • Hand/Line Dancing • Best Costume Contest • Light Refreshments			
October 5 Do Something Nice Day October 8 National Face Your Fears Day October 9 National Chess Day October 10 World Mental Health Day October 16 Learn a Word Day			National Book Month National Hygiene Dental Month Vegetarian Awareness Month Pizza Month Breast Cancer Month	

