

FORSYTH SENIOR CENTER ACTIVITIES SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 CHAIR EXERCISE 12:30 BINGO	2 S.A.I.L. BALANCE/EXERCISE CLASS 9:30 LIN'S MEET&GREET PARTY!!!
5 CLOSED—LABOR DAY	6 9:00 CHAIR EXERCISE FLU SHOT CLINIC 1PM	7 YOGA 8:30 WHEEL OF FORTUNE	8 9:00 CHAIR EXERCISE 12:30 BINGO	9 S.A.I.L. BALANCE/EXERCISE CLASS 9:30 LIVE MUSIC 12:30 ANDY & THE BAND!!
12 S.A.I.L. BALANCE/EXERCISE CLASS 9:30	13 BIRTHDAY DAY!!! 9:00 CHAIR EXERCISE LINDA WOLFF FROM ACTION--NOON	14 YOGA 8:30 PICNIC!! RIVERSIDE PARK 11:30	15 9:00 CHAIR EXERCISE 12:30 BINGO	16 S.A.I.L. BALANCE/EXERCISE CLASS 9:30 SHORT STORY CLUB
19 S.A.I.L. BALANCE/EXERCISE CLASS 9:30	20 CRAFTS 12:30 FOOT CLINIC—CALL US FOR AN APPT.	21 YOGA 8:30	22 9:00 CHAIR EXERCISE 12:30 BINGO	23 S.A.I.L. BALANCE/EXERCISE CLASS 9:30 LIVE MUSIC 12:30 BITTERSWEET!!
26 S.A.I.L. BALANCE/EXERCISE CLASS 9:30	27 9:00 CHAIR EXERCISE	28 YOGA 8:30 CARD SOCIAL??	29 9:00 CHAIR EXERCISE 12:30 BINGO	30 S.A.I.L. BALANCE/EXERCISE CLASS 9:30