

FORSYTH SENIOR CENTER ACTIVITIES SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4. CLOSED – LABOR DAY	5. CHAIR EXERCISE 9:00	6. YOGA 8:30	7. CHAIR EXERCISE 9:00 BINGO 12:30	8. S.A.I.L. STRENGTH & BALANCE EXERCISE CLASS 9:00 POTLUCK PICNIC – RIVERSIDE PARK 1:00
11. S.A.I.L. STRENGTH & BALANCE EXERCISE CLASS 9:00	12. CHAIR EXERCISE 9:00 BIRTHDAY DAY!! LINDA WOLFF – ACTION NOON	13. YOGA 8:30	14. CHAIR EXERCISE 9:00 BINGO 12:30	15. S.A.I.L. STRENGTH & BALANCE EXERCISE CLASS 9:00 WHEEL OF FORTUNE 1:00
18. S.A.I.L. STRENGTH & BALANCE EXERCISE CLASS 9:00	19. CRAFTS 12:30 FOOT CLINIC – CALL US FOR AN APPOINTMENT	20. YOGA 8:30 CARDS	21. CHAIR EXERCISE 9:00 BINGO 12:30	22. S.A.I.L. STRENGTH & BALANCE EXERCISE CLASS 9:00 ANDY&THE BAND??
25. S.A.I.L. STRENGTH & BALANCE EXERCISE CLASS 9:00	26. CHAIR EXERCISE 9:00 CARD SOCIAL 12:30	27. YOGA 8:30 LIFE STORIES 12:30	28. CHAIR EXERCISE 9:00 BINGO 12:30	29. S.A.I.L. STRENGTH & BALANCE EXERCISE CLASS 9:00 STORY TIME WITH TIM 12:30