

SEPTEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6	7 "Strength & Stretch" Exercise/Yoga Class with Amy 5:30-6:30pm	8 Nutrition Class with Kim <i>How to Lower Your Blood Sugar</i> 5:30-6:15pm	9	10
11	12	13	14	15	16	17
18	19	20	21 "Strength & Stretch" Exercise/Yoga Class with Amy 5:30-6:30pm	22	23	24 OPEN HOUSE for the community 10:00am - 11:30am
25	26	27	28	29	30	1