

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>2</p> <p>8:30am-Walkie Talkies* 9:30am- Yoga 101</p> <p>10:30am- Sewing Bees* (C) 12:30pm- GEM 1:30pm- Break the Ice* (B)</p>	<p>3</p> <p>*9am-3pm- Tax Commissioner's Office -by appt (C) 8:30am- Walkie Talkies* 9:45am- SPRY Mat 12:45pm- Sit & Be Fit 1:30-3pm- Comm Art (B) Sunflower Fridge Magnets 2pm- Tight & Tone</p>	<p>4</p> <p>8:30am- Stretch it Out* 9:30am- Pilates & Props</p> <p>1-3pm- Quilt Show & Tell</p> <p>1-3pm-Beg Line Dance*</p>	<p>5</p> <p>9:45am- SPRY Chair+ Mat</p> <p>11am- SPRY Chair only</p> <p>10-1pm-TECH HELP* (social media)</p>	<p>6</p>
<p>*9am-3pm- Tax Commissioner's Office by appt (C) 9:30-10am- Name that Tune with Krista* 10am- Bingo* Thankyou, Anne w/ GHC 1-3pm-Boardgame Society*</p>	<p>9</p> <p>8:30am-Walkie Talkies* 9:30am- Yoga 101 11am- YoQi</p> <p>11am- Tea & Trivia* (B) 12:30pm- GEM 1-2:30pm- Caregiver Support & Consultation (C)*</p>	<p>10</p> <p>*9am-3pm- Tax Commissioner's Office -by appt (C) 8:30am- Walkie Talkies* 9:45am- Chair Yoga Pop Up 12:45pm- Sit & Be Fit 2pm- Tight & Tone 6-8pm- Girl Scouts</p>	<p>11</p> <p>8:30am- Stretch it Out* 9:30am- Pilates & Props</p> <p>11am- Canva Tips & Tricks (B) 1-2pm- Culture Club: Latin America (C) 1-3pm-Beg Line Dance* 6:30pm- Restorative Yoga + Sound Bath</p>	<p>12</p> <p>9:45am- SPRY Chair+ Mat</p> <p>11am- SPRY Chair only</p> <p>10-1pm-TECH HELP*(emails & text)</p>
<p>*9am-3pm- Tax Commissioner's Office by appt (C) 10am- Bingo* 1-3pm-TECH HELP* (social media)</p>	<p>16</p> <p>8:30am-Walkie Talkies* 9:30am- Yoga 101 10:30am- Sewing Bees* (C) 11am-Chair Dance Pop Up* 12:30pm- GEM 1-2:30pm- Water Color Wonders (C)* 4:30-6:30pm- Public Meeting</p>	<p>17</p> <p>*9am-3pm- Tax Commissioner's Office -by appt (C) 8:30am- Walkie Talkies* 9:45am- SPRY Mat 12:45pm- Sit & Be Fit 1:30-3pm- Comm Art (B) God's Eyes-Ojode Dios 2pm- Tight & Tone</p>	<p>18</p> <p>8:30am- Stretch it Out* 9:30am- Yoga</p> <p>11-1pm- Relax & Color* (C) 1pm- Community Puzzles & Games (B) 1-3pm-Beg Line Dance*</p>	<p>19</p> <p>9:45am- SPRY Chair+ Mat</p> <p>11am- SPRY Chair only</p> <p>1pm-Matinee Movie* Showing: Living it Up! 7-10pm- Contra Dance w/ the Savh Folk Music Society</p>
<p>*9am-3pm- Tax Commissioner's Office by appt (C) 10am- Bingo* 11:15am- Lunch Bunch 1-3pm-Boardgame Society* Registration for October begins @ 9am today</p>	<p>23</p> <p>8:30am-Walkie Talkies* 9:30am- Yoga 101</p> <p>11am-Documentary & Discussion* (C) 12:30pm- GEM 1pm- Inspiration Circle* (C) 6:30pm-Yin Yoga + Sound Bath</p>	<p>24</p> <p>*9am-3pm- Tax Commissioner's Office -by appt (C) 8:30am- Walkie Talkies* 9:45am- SPRY Mat 12:45pm- Sit & Be Fit 2pm- Tight & Tone 6-8pm- Girl Scouts</p>	<p>25</p> <p>8:30am- Stretch it Out* 9:30am- Pilates & Props</p> <p>6-8pm- Cookie Décor Class</p>	<p>26</p> <p>9:45am- SPRY Chair+ Mat</p> <p>11am- SPRY Chair only</p> <p>10-1pm-TECH HELP*(emails & text)</p>
<p>*9am-3pm- Tax Commissioner's Office by appt (C) 10am- Bingo* Birthday Club</p>	<p>30 Register for programs in advance at the front desk. Drop-In Friendly programs are marked with a *</p>			
 <h1>September 2024</h1> <h2>Frank G Murray Community Center</h2>				