


Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Master Food Demo—10:30 am Zumba (Video) - 10:30 am	2
3	4 CLOSED LABOR DAY 	5 Lunch (Van's Pizza House) Arts of Albemarle — 11 am	6 <b>** 9-6 only EXERCISE CLASS starting at 9:00 am</b> EMS Team Basic Update— 10:00 am Birthday Celebration!	7 Croquet Tournament— 9-11 am Rock Painting - 9 am Choir - 1 pm Beginning Stamping—1 pm	8 Election/Voter Update—10:30 am Zumba (Video) - 10:30 am	9
10	11 Med instead of Meds—10:30 am	12 Shopping - 9 am	13 ECU Medicine Presents Fall Prevention—10:30 am	14 Paint Class (Chrysler Museum) w/Sandra — 9 am	15 Photography—10:30 am	16
17	18 Med instead of Meds—10:30 am Christmas Parade interest— 12:30 pm	19 Fishing Adventure—7:45 am	20 Local ARHS Health Care Provider Fall Prevention—10:30 am	21 Acrylics w/ Sandra—9 am Sew Much Fun— 1:00 pm Archery—2:30 pm	22 Drums Alive—10:30 am Lunch (Texas Rd House) - Noon	23
24 Nashville Trip	25 Med instead of Meds—10:30 am	26 Movie & Lunch— TBA	27 Step & Slide w/ Shirley & Mamie— 10:30 am	28 Basket Weaving— 8:30 am	29 Shuffleboard— 10:30 am Adv. Care Workshop Conclusion -10:30	30