

September 2024

Mon	Tues	Wed	Thurs	Fri
<p>2</p> <p>ADRC Closed 2024-09-02 SCOA Regional Resource Hub CLOSED</p>	<p>3</p> <p>10:00 am - 11:00 am Low Impact Aerobics 11:00 am - 12:00 pm Senior Stretch & Yoga 10:00 am - 11:00 pm Virtual Tai Chi... 1:30 pm - 2:30 pm Virtual Tai Chi ...</p>	<p>4</p> <p>9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session 12:00 pm - 1:00 pm Dementia Family Support Group – Albany</p>	<p>5</p> <p>10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Aging Mastery Program Workshops</p>	<p>6</p>
<p>9</p> <p>9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner’s 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced</p>	<p>10</p> <p>9:00 am - 12:00 pm AARP Smart Driver Course 10:00 am - 11:00 am Low Impact Aerobics 11:00 am - 12:00 pm Senior Stretch & Yoga 10:00 am - 11:00 pm Virtual Tai Chi... 1:30 pm - 2:30 pm Virtual Tai Chi ... 1:00 pm - 3:30 pm Diabetes Self-Management Workshop (DSMP)-Virtual</p>	<p>11</p> <p>9:00 am - 12:00 pm AARP Smart Driver Course 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session 11:00 am - 12:00 pm Disaster Preparedness Training Class for Seniors</p>	<p>12</p> <p>10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Aging Mastery Program Workshops</p>	<p>13</p>
<p>16</p> <p>9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner’s 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced</p>	<p>17</p> <p>9:30 am - 11:30 am Game Day 10:00 am - 11:00 am Low Impact Aerobics 11:00 am - 12:00 pm Senior Stretch & Yoga 10:00 am - 11:00 pm Virtual Tai Chi... 1:30 pm - 2:30 pm Virtual Tai Chi ... 1:00 pm - 3:30 pm Diabetes Self-Management Workshop (DSMP)-Virtual</p>	<p>18</p> <p>9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session</p>	<p>19</p> <p>10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Aging Mastery Program Workshops</p>	<p>20</p>
<p>23</p> <p>9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner’s 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced</p>	<p>24</p> <p>10:00 am - 11:00 am Low Impact Aerobics 11:00 am - 12:00 pm Senior Stretch & Yoga 10:00 am - 11:00 pm Virtual Tai Chi... 1:30 pm - 2:30 pm Virtual Tai Chi ... 1:00 pm - 3:30 pm Diabetes Self-Management Workshop (DSMP)-Virtual</p>	<p>25</p> <p>9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session</p>	<p>26</p> <p>10:00 am - 11:00 am Chair Fitness 10:00 am - 12:00 pm “A Better Way Grocers” Mobile Grocery Truck</p>	<p>27</p>
<p>30</p> <p>9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner’s 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced</p>				