

SEPTEMBER 2023



SUN

MON





TUE

WED

THU

FRI

SAT

					1 RENT DUE HIGHLAND HIKERS 10 POT LUCK 5:30 BINGO 	2 COFFEE TALK 9AM
3	4 OFFICE CLOSED 	5 RENT LATE BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	6 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	7 YOGA 11:15 FUNCTIONAL FITNESS 1:15 WITH KENDRA MARTIN THIRSTY THURSDAY 4-5:30	8 HIGHLAND HIKERS 10 BOOK CLUB 11 CANASTA 1-4	9 COFFEE TALK 9AM
10 HAPPY GRAND PARENTS DAY SUNDAY SING-A-LONG HOUR 2-3PM LINE DANCING 6PM	11 HIGHLAND HIKERS 10 CHAIR YOGA 11:15 ***SEEDS OF HOPE 12PM	12 ***MEN'S BREAKFAST JIMMY'S EGG ON BROADWAY 9AM BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	13 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	14 YOGA 11:15 FUNCTIONAL FITNESS 1:15 WITH KENDRA MARTIN THIRSTY THURSDAY 4-5:30	15 HIGHLAND HIKERS 10	16 COFFEE TALK 9AM
17 SUNDAY SING-A-LONG HOUR 2-3PM LINE DANCING 6PM	18 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	19 BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	20 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	21 YOGA 11:15 FUNCTIONAL FITNESS 1:15 WITH KENDRA MARTIN THIRSTY THURSDAY 4-5:30	22 HIGHLAND HIKERS 10 CANASTA 1-4	23 COFFEE TALK 9AM  FIRST DAY OF AUTUMN
24 SUNDAY SING-A-LONG HOUR 2-3PM LINE DANCING 6PM	25 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	26 BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	27 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	28 YOGA 11:15 FUNCTIONAL FITNESS 1:15 WITH KENDRA MARTIN  COOKOUT HANGOUT 4PM	29 HIGHLAND HIKERS 10	30 COFFEE TALK 9AM

**PLEASE NOTE CHANGES THIS MONTH TO SCHEDULE.