



September 2026



Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Arthritis Exercise 1:00 Mah Jongg 	2 1:00 Cribbage 	3 9:00 Tai Chi 10:30 Creative Expression 1:00 Music Concert - NEK Double Reed Group	4 9:00 Arthritis Exercise 6:00 Game Night
7 	8 9:00 Arthritis Exercise 1:00 Mah Jongg 	9 1:00 Cribbage 	10 9:00 Tai Chi 1:00 Music w/ Deb Hampson	11 9:00 Arthritis Exercise 10:30 Book Club <i>The Personal Librarian</i> by Marie Benedict 6:00 Game Night
14 1:00 BINGO 	15 9:00 Arthritis Exercise 1:00 Mah Jongg 	16 10:30 Fiber Buddies 1:00 Cribbage 	17 9:00 Tai Chi 10:30 Creative Expression 1:00 Apple Crisp Social	18 9:00 Arthritis Exercise 6:00 Game Night
21 1:00 BINGO 	22 9:00 Arthritis Exercise 1:00 Mah Jongg 	23 1:00 Cribbage 	24 9:00 Tai Chi 1:00 Music w/ Willie Edwards	25 9:00 Arthritis Exercise 6:00 Game Night
28 1:00 SUPER BINGO BINGO!	29 Foot Clinic Day-reservation required 9:00 Arthritis Exercise 1:00 Mah Jongg 	30 1:00 Cribbage 		

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 Kimberly White - Executive Director