

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Senior Center Closed in Observance of Labor Day	SAC Catered Box Lunch Registration Opens Bldg 3, Registration Desk Full Body Stretch (6 sessions) 8-9 am, Bldg 2, Rm 205	Immigration Then & Now (3 sessions) 10-11:30 am, Bldg 3, Rm 301 (skip 9/18) Zumba Gold (6 sessions) 10:15-11 am, Bldg 2, Rm 205 Navigating Your Next Journey Lunch & Learn 11 am-Noon, Bldg 1, Rm 104 Tap Dance (6 sessions) Exp: 12:30 pm; Beg: 1:30 pm, Bldg 2, Rm 205 The Art of Writing Your Memoir (8 sessions) 1-2:30 pm, Bldg 1, Rm 104 Pilates Fusion(6 sessions) 4-5 pm, Bldg 1, Rm 102	Thursday Line Dance (4 sessions) 10-11 am, Bldg 2, Rm 205 Gentle Hatha Yoga (4 sessions) 10-11 am, Bldg 3, Rm 301 Longevity: Living Longer & Wiser 10 am-Noon, Bldg 1, Rm 104 Lunch Buddies 11:05 am, Bldg 2, Rm 205	Beginners Line Dance (4 sessions) 10-11 am, Bldg 2, Rm 205 WITS Workout (4 sessions) 11 am-Noon, Bldg 3, Rm 301 50+ Connections 1 pm, Bldg 1, Rm 104
	Mind, Body & Soul Yoga (3 sessions) 9:30-10:30 am, Bldg 3, Rm 301 Restorative Rest 10-11 am, Bldg 2, Rm 204 Watercolor Workshop (4 sessions) 1-3 pm, Bldg 1, Rm 105	7 SATURDAY Restorative Yoga (3 sessions)(skip 9/21) 8-9 am, Bldg 2, Rm 205	9	10
I Object! Part 1 (6 sessions) 10-11 am, Bldg 1, Rm 104 Creative Card Crafting 10 am-Noon, Bldg 2, Rm 204 Monday Morning Drawing (4 sessions) 10:30 am-12:30 pm, Bldg 1, Rm 105 iPhone: Basics & Buttons 1-3 pm, Bldg 3, Rm 301 Aging Strength (6 sessions) 3-3:45 pm, Bldg 1, Rm 102 Tai Chi for Health (7 sessions) 4:30-5:30 pm, Bldg 2, Rm 205	Dementia Conversations 10-11 am, Bldg 2, Rm 204 Armchair Travel - Dayton's Cox Arboretum 11 am-Noon, Bldg 1, Rm 104 Shakespeare - <i>The Tempest</i> (6 sessions) 1-2 pm, Bldg 2, Rm 204 Mac: Intro to Mac Apps 1-3 pm, Bldg 3, Rm 301	Book Club: <i>The Women</i> by Kristin Hanna 9:45-11 am, Bldg 1, Rm 104 Grub Club: Molly Woo's in Polaris 11 am-3 pm, Depart Bldg 2	Brain Development: The Growth of Older Minds, 10 am-Noon, Bldg 1, Rm 104 Stained Glass Leaf or Pumpkin 12:30-3:30 pm, Bldg 1, Rm 105 Tai Chi for Health (7 sessions) 4:30-5:30 pm, Bldg 2, Rm 205	13 Modern Middle East: Islam & its Challenges 10-11 am, Bldg 1, Rm 104
16	17	18	19	20
Paint Your Own Necklace 1-2 pm, Bldg 1, Rm 105 Cherished Moments: Vintage Jewelry Gathering, 1-2 pm, Bldg 1, Rm 104 iPhone: Beyond Calls with Contacts & More 1-3 pm, Bldg 3, Rm 301 Mystery Book Club: <i>Open and Shut</i> by David Rosenfelt 2-3 pm, Bldg 2, Café UA Lounge	Intro to Digital Photography 10 am-Noon, Bldg 1, Rm 104 Prime Tours Trip Preview 10 am, Bldg 2, Rm 204 SAC Boxed Lunch - City BBQ 11-Noon, Bldg 2, Café UA Mac: Organizing Your Files 1-3 pm, Bldg 3, Rm 301	Creative Expression for Alzheimer's & Dementia (3 sessions) 10-11:30 am, Bldg 1, Rm 105	Personality Development: Becoming Who We Really Are 10 am-Noon, Bldg 1, Rm 104 Movie Club: <i>My Big Fat Greek Wedding 3</i> (PG13, 1h 32m) 12:30 pm, Bldg 2, Rm 204 Stained Glass for Beginners (4 sessions) 12:30-3:30 pm, Bldg 1, Rm 105	50+ Connections 1 pm, Bldg 1, Rm 104
23	24	25	26	27
iPhone: Great Apps for iPhone/iPad 1-3 pm, Bldg 3, Rm 301 Guided Forest Therapy 1-3 pm, Innis Woods Metro Park	Cops in the Café 9:30-10:30 am, Bldg 2, Café UA Bingo 11 am-Noon, Bldg 2, Rm 204 Selling at Auction Noon-1 pm, Bldg 1, Rm 104 Mac: Surfing the Web with Safari 1-3 pm, Bldg 3, Rm 301	Stan Hywet Hall & Gardens Day Trip 8 am-6 pm, Depart Bldg 2 Accessing Aging Services 11 am-Noon, Bldg 1, Rm 104	Social Relations: The Importance of Family and Friends 10 am-Noon, Bldg 1, Rm 104 Fall Harvest Bowls 11 am-Noon, Bldg 2, Rm 204	21 SATURDAY Cycle UA 10 am-1 pm, Start/Finish Northam Park
30	Flip this calendar over to see our daily programs.		Registration Required Advanced registration is required for all programs. Register at least two business days in advance. It allows us to determine if we have enough participants to run the class and time to prepare.	SEPTEMBER 2024
Scrapbook Paper Pumpkin & Bird 1-2 pm, Bldg 1, Rm 104 iPhone: Text Message Like a Pro 1-3 pm, Bldg 3, Rm 301				