


Lafayette Senior Services
Activity calendar
SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Fitness</p> <p>Wellness</p> <p>Drop in programs</p> <p>Trips</p> <p>Enrichment</p> <p>Special event</p>				<p>1</p> <p>Mystery Book Club 10-11am</p> <p>Silver Sneakers Stability 10:15 -11am</p> <p>RummyCube- 1-3pm</p> <p>Senior Artshow for the Month</p>
<p>4</p> <p>CLOSED FOR THE HOLIDAY</p>	<p>5</p> <p>Panera Bread- 9:30am</p> <p>LaBlast Chair Fitness 9-9:45am Basic</p> <p>Foot Care 9 am-1pm</p> <p>Silver Sneakers Stability 10-10:45am</p> <p>Hike - White Rocks Trail 9am</p>	<p>6</p> <p>Whatevers 9-10:30am Panera Bread 10am</p> <p>Seated Strength 10-10:45am</p> <p>Crafters for Charity 1 - 3pm</p> <p>Art show Reception 4-5:30pm</p>	<p>7</p> <p>LaBlast Chair Fitness 9-9:45 am</p> <p>Seated Stretch 10-10:45am</p> <p>Flamenco Fitness 11-12pm Mexican</p> <p>Train and Cards- 1-4pm</p> <p>Putting Your Landscape to Bed, 1-2 pm</p>	<p>8</p> <p>Second Friday Book Club 10 - 11 am Plann Group 1-4pm</p> <p>Silver Sneakers Stability 10:15 -11am</p> <p>RummyCube- 1-3pm</p> <p>Scottish /Irish Festival 8:30am-4:30pm</p>
<p>11</p> <p>Panera Bread- 9:30am Pinochle- 9-11:30am</p> <p>Monday Morning Glories 10-11am</p> <p>Ortho-Bionomy 10am - 2pm Shanghai</p> <p>Rummy- 1-3pm</p>	<p>12</p> <p>Bike- Anthem Trail 9 am</p> <p>LaBlast Chair Fitness 9-9:45 am Silver Sneakers Stability 10-10:45 am Drug take back 10:30-11:30 am</p> <p>Tech Tues- 3:30-4:30pm</p> <p>Senior Advisory Board mtg 4:30pm</p>	<p>13</p> <p>Panera Bread- 9:30am</p> <p>Whatevers 9-10:30am</p> <p>9am-2pm High Plains Environmental Trip</p> <p>Medical Foot Care VNA 9am-3pm Seated</p> <p>Strength 10-10:45am</p> <p>Estate Planning 1-3pm</p> <p>Crafters for Charity 1 - 3pm</p>	<p>14</p> <p>LaBlast Chair Fitness 9-9:45 am Lap</p> <p>Robers 10-12</p> <p>Seated Stretch 10-10:45am Flamenco Fitness 11-12pm</p> <p>Ed. DVD's 2-3:30 pm- skywatching</p> <p>Mexican Train and Cards- 1-4pm</p>	<p>15</p> <p>Silver Sneakers Stability 10:15 -11am</p> <p>RummyCube- 1-3pm</p>
<p>18</p> <p>Panera Bread- 9:30am Pinochle- 9-11:30am</p> <p>Monday Morning Glories 10-11am</p> <p>Shanghai Rummy- 1-3pm</p>	<p>19</p> <p>LaBlast Chair Fitness 9-9:45 am Hike- South Boulder Creek Trail 9 am Silver Sneakers Stability 10-10:45 am</p> <p>Fall Prevention 2-3:30pm</p>	<p>20</p> <p>Medical Foot Care VNA 9-4pm</p> <p>Whatevers 9-10:30am Panera Bread- 9:30am</p> <p>Seated Strength 10-10:45am</p> <p>Crafters for Charity 1 - 3pm</p>	<p>21</p> <p>LaBlast Chair Fitness 9-9:45 am</p> <p>Seated Stretch 10-10:45am</p> <p>Mexican Train and Cards- 1-4pm</p> <p>Makerspace- Acrylic Keychains 1-3pm</p> <p>Elk Bugling Trip 1-9 pm</p>	<p>22</p> <p>Silver Sneakers Stability 10:15 -11am</p> <p>RummyCube- 1-3pm</p> <p>Plann Group 1-4pm</p> <p>Resource Fair 9-12pm</p>
<p>25</p> <p>Panera Bread- 9:30am</p> <p>Pinochle- 9-11:30am</p> <p>Monday Morning Glories 10-11am</p> <p>Ortho-Bionomy 10am - 2pm</p> <p>Shanghai Rummy- 1-3pm</p> <p>1:30-3:30pm Wine Tasting at Public Pour</p>	<p>26</p> <p>LaBlast Chair Fitness 9-9:45 am</p> <p>Bike- Coal Creek Trail to Grasso Park in Superior 9 am</p> <p>Silver Sneakers Stability 10-10:45 am</p> <p>Chinook Diabetes Management 2-3pm</p> <p>Tech Tues- 3:30-4:30pm</p>	<p>27</p> <p>Whatevers 9-10:30am Panera Bread- 9:30am Seated</p> <p>Strength 10-10:45am</p> <p>Crafters for Charity 1 - 3pm</p> <p>Genealogy Program (Library) 2-3pm</p>	<p>28</p> <p>Trip-Blackhawk 9:30-5:00 LaBlast Chair Fitness 9-9:45 am Seated</p> <p>Stretch 10-10:45am</p> <p>Ed. DVD's 2-3:30 pm- skywatching</p> <p>Mexican Train and Cards- 1-4pm</p>	<p>29</p> <p>Silver Sneakers Stability 10:15 -11am</p> <p>Friday Potluck with Ray and El 12-1 pm</p> <p>RummyCube- 1-3pm</p>