




# Pleasant Valley Senior Center-Activity Calendar

## September 2009





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Apple-A-Day Cafe</b> M. T. TH. F 11:30am-1:00pm \$3 Donation Call 388-1952 For more information</p>		<p><b>1</b> 8:00.....Exercise 9:00.....Senior Art <b>9:00.....HICAP</b> 9:30.....ArthritisExercise <b>10:30.....Blood Pressure</b> Noon.....Dup. Bridge 1:00.....Senior Band</p>	<p><b>2</b> 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club Noon.....BI NGO 1:00.....SocialBridge 1:00.....Table Tennis* <b>2:30.....Diabetes Clinic</b> <b>3:15..Parkinson's Class</b></p>	<p><b>3</b> 8:00.....Exercise 9:30..ArthritisExercise Noon.....Mah Jongg 1:00.....<i>Movie Time</i> <b>"Mama Mia"</b></p>	<p><b>4</b> 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club 9:00.....Pinochle Noon.....BI NGO Noon.....Bridge 1:00.....Table Tennis*</p>	<b>CLOSED</b>
<b>6</b> <b>CLOSED</b>	<p><b>7</b> <b>CLOSED</b> <b>LABOR DAY</b> </p>	<p><b>8</b> 8:00.....Exercise 9:00.....Senior Art 9:30..ArthritisExercise Noon.....Dup. Bridge 1:00.....Senior Band</p>	<p><b>9</b> 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club Noon.....BI NGO 1:00.....SocialBridge 1:00.....Table Tennis* <b>3:15..Parkinson's Class</b></p>	<p><b>10</b> 8:00.....Exercise <b>9:00...Pool Tournament</b> 9:30..ArthritisExercise 10:00...Low Vision Class Noon.....Mah Jongg</p>	<p><b>11</b> 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club 9:00.....Pinochle Noon.....BI NGO Noon.....Bridge 1:00.....Table Tennis*</p>	<b>12</b> <b>CLOSED</b>
<b>13</b> <b>CLOSED</b>	<p><b>14</b> 8:00.....Exercise 9:30.....Canasta <b>9:30.....Ukulele</b> Noon.....Dup. Bridge 1:00.....Table Tennis* <b>3:15..Parkinson's Class</b> 6:00.....BI NGO</p>	<p><b>15</b> 8:00.....Exercise 9:00.....Senior Art <b>9:00.....HICAP</b> 9:30.....ArthritisExercise Noon.....Dup. Bridge 1:00.....Senior Band <b>7:00.....TMG</b></p>	<p><b>16</b> 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club Noon.....BI NGO 1:00.....SocialBridge 1:00.....Table Tennis* <b>3:15..Parkinson's Class</b></p>	<p><b>17</b> 8:00.....Exercise 9:30..ArthritisExercise 10:00...Low Vision Class <b>11:30...Hearing Tests</b> Noon.....Mah Jongg</p>	<p><b>18</b> 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club 9:00.....Pinochle Noon.....BI NGO Noon.....Bridge 1:00.....Table Tennis*</p>	<b>19</b> <b>Investment Club</b> <b>1:00pm-3:00pm</b>
<b>20</b> <b>CLOSED</b>	<p><b>21</b> 8:00.....Exercise 9:30.....Canasta <b>10:00.....SEMI NAR</b> Noon.....Dup. Bridge 1:00.....Table Tennis* <b>3:15..Parkinson's Class</b> 6:00.....BI NGO <b>No Ukulele Group</b></p>	<p><b>22</b> 8:00.....Exercise 9:00.....Senior Art 9:30..ArthritisExercise Noon.....Dup. Bridge 1:00.....Senior Band</p>	<p><b>23</b> 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club Noon.....BI NGO 1:00.....SocialBridge 1:00.....Table Tennis* <b>3:15..Parkinson's Class</b></p>	<p><b>24</b> 8:00.....Exercise 9:30..ArthritisExercise 10:00...Low Vision Class Noon.....Mah Jongg <b>1:00...AARP Driving</b></p>	<p><b>25</b> 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club 9:00.....Pinochle Noon.....BI NGO Noon.....Bridge 1:00.....Table Tennis*</p>	<b>26</b> <b>CLOSED</b>
<b>27</b> <b>CLOSED</b>	<p><b>28</b> 8:00.....Exercise 9:30.....Canasta <b>9:30.....Ukulele</b> Noon.....Dup. Bridge 1:00.....Table Tennis* <b>3:15..Parkinson's Class</b> 6:00.....BI NGO</p>	<p><b>29</b> 8:00.....Exercise 9:00.....Senior Art 9:30.....ArthritisExercise Noon.....Dup. Bridge 1:00.....Senior Band <b>7:00.....TMG</b></p>	<p><b>30</b> 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club Noon.....BI NGO 1:00.....SocialBridge 1:00.....Table Tennis* <b>3:15..Parkinson's Class</b> <b>7:00....Senior Guitar</b></p>	<p><b>Wii Bowling</b> <b>Mondays 9AM-12PM</b> <b>Thursdays 1-4PM</b> <b>Fridays 9-11AM</b> <b>Call to Sign-Up</b> <b>482-4881</b></p>		



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## October 2009



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Apple-A-Day Cafe M.T.TH.F 11:30am-1:00pm \$3 Donation Call 388-1952 For more information</p>	<p>Wii Bowling Mondays 9AM-12PM Thursdays 1-4PM Fridays 9-11AM Call to Sign-Up 482-4881</p>			<p>1 8:00.....Exercise 9:30..ArthritisExercise Noon.....Mah Jongg 1:00.....Movie Time <b>"The Devil Wears Prada"</b></p>	<p>2 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club 9:00.....Pinochle Noon.....BI NGO Noon.....Bridge 1:00.....Table Tennis*</p>	<p>3 <b>CLOSED</b></p>
<p>4 <b>CLOSED</b></p>	<p>5 8:00.....Exercise 9:30.....Canasta 9:30.....Ukulele 1:00.....Table Tennis* 3:15..Parkinson's Class 6:00.....BI NGO</p>	<p>6 8:00.....Exercise 9:00.....Senior Art 9:00.....HICAP 9:30.....ArthritisExercise Noon.....Dup. Bridge 1:00.....Senior Band 7:00.....TMG</p>	<p>7 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club Noon.....BI NGO 1:00.....SocialBridge 1:00.....Table Tennis* 3:15..Parkinson's Class</p>	<p>8 8:00.....Exercise 9:00.....Pool Tournament 9:30..ArthritisExercise 10:00...Low Vision Class Noon.....Mah Jongg</p>	<p>9 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club 9:00.....Pinochle Noon.....BI NGO Noon.....Bridge 1:00.....Table Tennis*</p>	<p>10 <b>CLOSED</b></p>
<p>11 <b>CLOSED</b></p>	<p>12 <b>CLOSED</b> Columbus Day </p>	<p>13 8:00.....Exercise 9:00.....Senior Art 9:30.....ArthritisExercise 10:30.....Blood Pressure Noon.....Dup. Bridge 1:00.....Senior Band</p>	<p>14 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club Noon.....BI NGO 1:00.....SocialBridge 1:00.....Table Tennis* 3:15..Parkinson's Class</p>	<p>15 8:00.....Exercise 9:30..ArthritisExercise 10:00...Low Vision Class 11:30...Hearing Tests Noon.....Mah Jongg Wii Bowling Tournament</p>	<p>16 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club 9:00.....Pinochle Noon.....BI NGO Noon.....Bridge 1:00.....Table Tennis*</p>	<p>17 Investment Club 1:00pm-3:00pm</p>
<p>18 <b>"Guys and Dolls"</b> 12:45pm-5:15pm</p>	<p>19 8:00.....Exercise 9:30.....Canasta 1:00.....Table Tennis* 3:15..Parkinson's Class 6:00.....BI NGO No Ukulele Group</p>	<p>20 8:00.....Exercise 9:00.....Senior Art 9:00.....HICAP 9:30.....ArthritisExercise Noon.....Dup. Bridge 1:00.....Senior Band 7:00.....TMG</p>	<p>21 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club Noon.....BI NGO 1:00.....SocialBridge 1:00.....Table Tennis* 3:15..Parkinson's Class</p>	<p>22 8:00.....Exercise 9:30..ArthritisExercise 10:00...Low Vision Class Noon.....Mah Jongg</p>	<p>23 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club 9:00.....Pinochle Noon.....BI NGO Noon.....Bridge 1:00.....Table Tennis*</p>	<p>24 <b>CLOSED</b></p>
<p>25 <b>CLOSED</b></p>	<p>26 8:00.....Exercise 9:30.....Canasta 9:30.....Ukulele 1:00.....Table Tennis* 3:15..Parkinson's Class 6:00.....BI NGO</p>	<p>27 8:00.....Exercise 9:00.....Senior Art 9:30.....ArthritisExercise Noon.....Dup. Bridge 12:30.....Senior Dance</p>	<p>28 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club Noon.....BI NGO 1:00.....SocialBridge 1:00.....Table Tennis* 1:00.AARP DrivingClass 3:15..Parkinson's Class 7:00.....Senior Guitar</p>	<p>29 8:00.....Exercise 9:30..ArthritisExercise 10:00...Low Vision Class Noon.....Mah Jongg 1:00...AARP DrivingClass</p>	<p>30 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club 9:00.....Pinochle Noon.....BI NGO Noon.....Bridge 1:00.....Table Tennis*</p>	<p>31 <b>CLOSED</b> </p>