


SEPTEMBER 2023

MON	TUE	WED	THU	FRI
				1 8-9:30 various exercises 9:30-10 easy movements w/Becky
4 Closed. Labor Day 	5 10am coffee/tea 2pm Tai Chi w/ Kris	6 widows lunch out 10am Tai Chi w/ Dhyana	7 9am Tai Chi w/ Gordy	8
11 to Bingo 9:30am 1pm Living well 3pm Chess	12 10 am coffee/tea 2pm tai chi w/ kris	13 10am Tai Chi w/ Dhyana	14 9am Tai Chi w/ Gordy Dead Horse Point outing & picnic	15
18 Bingo 9:30am 1:10pm Living well class 3pm Chess	19 9:30am Get up & Go Comm. 2pm tai chi w/ kris	20 10 am tai chi w/ Dhyana 1pm Shen Shen w/ Lisa	21 9am Tai Chi w/ Gordy CRAFT	22
25 Bingo 9:30am 1pm Living well class. 3/10 3pm Chess UofU dental Clinic	26 10. coffee/tea. Dream interpretation w/ Nancy A. uofu dental Clinic 2pm Tai Chi w/ Kris	27 10 am Tai chi w/ Dhyana 1pm Shen Shen w/ Lisa uofu dental Clinic	28 9am Tai Chi w/ Gordy lunch out @ HORIZON VIEW Restaurant. uofu dental Clinic	29 12:40 movie matinee uofu dental Clinic