

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
|--|--|---|--|---|
|  | 1  | 2   | 3  | 4   |
|  | Walking 10:30 am<br>Mah Jongg 1 pm                               | Exercise 10 am<br>Walking 10:30 am<br>Cribbage 1 pm   | Shuffleboard 9 am<br>Darts 10 am<br>Walking 10:30 am<br>Mah Jongg 1pm          | Exercise 10 am<br>Walking 10:30 am<br>Pool (Billiards) 11 am<br>Pinochle /10 pt pitch 1 pm                                    |
| 7  | 8  | 9   | 10   | 11  |
| JVCC CLOSED<br>LABOR DAY<br><br>No Adult Nutrition                             | Exercise 10 am<br>Walking 10:30 am<br>Mah Jongg 1 pm             | Exercise 10 am<br>Walking 10:30 am<br>Wednesday Wellness 12 pm<br>DWU Nursing – Diabetes<br>Presentation<br><br>Cribbage 1 pm     | Shuffleboard 9 am<br>Darts 10 am<br>Walking 10:30 am<br>Mah Jongg 1pm          | Exercise 10 am<br>Walking 10:30 am<br>Pool (Billiards) 11 am<br>Pinochle /10 pt pitch 1 pm<br><br>Patriot Day Reflection Poem |
| 14   | 15   | 16  | 17   | 18  |
| Exercise 10 am<br>Walking 10:30 am<br>Pool (Billiards) 11 am                   | Walking 10:30 am<br>Mah Jongg 1 pm<br><br>Fine Arts Feature 11am | Exercise 10 am<br>Walking 10:30 am<br>Cribbage 1 pm   | Shuffleboard 9 am<br>Darts Tourney 10 am<br>Walking 10:30 am<br>Mah Jongg 1 pm | Exercise 10 am<br>Walking 10:30 am<br>Pool (Billiards) 11 am<br>Pinochle /10 pt pitch 1 pm                                    |
| 21   | 22   | 23  | 24   | 25  |
| Exercise 10 am<br>Walking 10:30 am<br>Pool (Billiards) 11 am<br><br>BINGO 7 pm | Walking 10:30 am<br>Mah Jongg 1 pm                               | Exercise 10 am<br>Walking 10:30 am<br>Cribbage 1 pm   | Shuffleboard 9 am<br>Darts 10 am<br>Walking 10:30 am<br>Mah Jongg 1pm          | Exercise 10 am<br>Walking 10:30 am<br>Pool (Billiards) 11 am<br>Pinochle /10 pt pitch 1 pm                                    |
| 28   | 29   | 30  | Oct 1  | Oct 2   |
| Exercise 10 am<br>Walking 10:30 am<br>Pool (Billiards) 11 am                   | Walking 10:30 am<br>Mah Jongg 1 pm                               | Exercise 10 am<br>Walking 10:30 am<br>Wednesday Wellness 12 pm<br>DWU Nursing- CDC Hot Topic<br>Presentation<br><br>Cribbage 1 pm | Shuffleboard 9 am<br>Darts 10 am<br>Walking 10:30 am<br>Mah Jongg 1pm          | Exercise 10 am<br>Walking 10:30 am<br>Pool (Billiards) 11 am<br>Pinochle /10 pt pitch 1 pm                                    |