



# SEPTEMBER 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Meal at 12:30 3:00 - Bingo	2 Labor Day Meal at 12:30	3 9:30 - Morrisville Errands 2:30 - Poetry Reading	4 10:30 - Parkinson's Exercise 1:30 - Osher 8:00 - Poker Night	5 9:00 - Exercise & Weights 10:00 - Bridge 1:30 - Stowe Errands	6 Lavender Essentials Farm In Derby, VT And Lunch At East Side Depart at 10:00 - Sign Up	7 10:00 - Bridge  2:00 & 7:30 Movie & Popcorn
8 Meal at 12:30 3:00 - Bingo	9 9:00 - Circuit Training 10:30 - Parkinson's Exercise 1:30 - Mandala Coloring	10 9:30 - Morrisville Errands 2:00 - "Let's Talk" In The Living Room	11 10:30 - Parkinson's Exercise 1:30 - Osher 8:00 - Poker Night	12 9:00 - Exercise & Weights 10:00 - Bridge 1:30 - Stowe Errands	13 Ferry Trip From Charlotte, VT To Essex, NY And Lunch At Dock Side Depart at 10:00 - Sign Up	14 10:00 - Bridge 
15 Meal at 12:30 3:00 - Bingo	16 9:00 - Circuit Training 10:30 - Parkinson's Exercise 1:15 - Morrisville Errands 2:00 - Outdoor Games	17 10:30 - Blood Pressure 11:00 - Community Mtg. 2:00 - Coffee Klatch	18 10:30 - Parkinson's Exercise 1:30 - Osher 8:00 - Poker Night	19  9:00 - Exercise & Weights 10:00 - Bridge 1:30 - Stowe Errands	20 St. Johnsbury Antheneum And Lunch Out Depart at 10:00 - Sign Up	21 a 2:00 & 7:30 2:00 & 7:30 Movie & Popcorn
22 Meal at 12:30 3:00 - Bingo	23 9:00 - Circuit Training 10:30 - Parkinson's Exercise 1:30 - Mandala Coloring	24 9:30 - Morrisville Errands 2:00 - Falls Prevention Talk In The Living Room 3:00 - Book Group	25 10:30 - Parkinson's Exercise 1:30 - Osher 8:00 - Poker Night	26 9:00 - Exercise & Weights 10:00 - Bridge 1:30 - Stowe Errands	27 "Over The Notch" Boyden Winery & Lunch Out Depart at 10:30 - Sign Up 5:15 - Wine Party 	28 10:00 - Bridge 
29 Brunch - 11:30 - 12:30 3:00 - Bingo	30 9:00 - Circuit Training 10:30 - Parkinson's Exercise					

THURSDAY NIGHTS - 6:00 BUFFET