

# September 2019 Defiance

For more information contact Dawn @  
419-782-3233

Mon	Tue	Wed	Thu	Fri
<p>2 <b>CLOSED</b></p> 	<p>3 10 Tai Chi 10 Bible Study 4 Yoga</p>	<p>4 9-10:45 &amp; 12:30-2:30 toe Nail clinic 9:30 Cards 10 Crafts 12:30 Shop at Kroger 5-8 Open Mic Night</p>	<p>5 9:30 Cards 10 Stretch band 10 Zumba 12:30 Bingo w/ Brookview 1:30 Alzheimer's support group 4 Yoga</p>	<p>6 9:30 Cards 10 Tai Chi 10 Crafts 11:30 Birthday Lunch  10-12 A Matter of Balance</p>
<p>9 10 Zumba 10-12 A Matter of Balance 12:30 Bingo with Kingsbury Place 3 Yoga</p>	<p>10 10 Tai Chi 10 Bible Study 4 Senior's Night Out Red Lobster-Maumee 4 Yoga</p>	<p>11 9:30 Cards 10 Blood Pressure with Allcaring 10 Crafts 11:30 <b>9/11 REMEBERANCE</b> 12:30 Shop at Kroger</p>	<p>12 9:30 Cards 10 Stretch Band 10 Zumba 12:30 Shop at Meijer 4 Yoga</p>	<p>13 9:30 Cards 10 Crafts 10 Tai Chi 10-12 A Matter of Balance</p>
<p>16 10 Zumba 10-12 A Matter of Balance 10 Crochet &amp; knitting Bee 1:00 Euchre Tournament 3 Yoga</p>	<p>17 10 Tai Chi 10 Bible Study 4 Yoga</p>	<p>18 9:30 Cards 10 Crafts 12:30 Shop at Kroger</p>	<p>19 9:30 Cards 10 Stretch Band 10 Zumba 10:45 B/P by CHP 12:30 Shop at Meijer 12:30 Bingo w/ SKLD 4 Yoga</p>	<p>20 <b>Closed for Staff Training</b></p>
<p>23 10 Zumba 10-12 A Matter of Balance 10 Nails &amp; Tails 3 Yoga</p>	<p>24 10 Tai Chi 10 Bible Study 4 Yoga</p>	<p>25 9:30 Cards 10 Crafts 12:30 Shop at Kroger 1-2:30 Senior food Box Pick up</p>	<p>26 9:30 Cards 10 Stretch Band 10 Zumba 12:30 Shop at Meijer 12:30 Bingo by AllCaring 4 Yoga</p>	<p>27 9:30 Cards 10 Crafts 10 Tai Chi 10-12 A Matter of Balance</p>
<p>30 10 Zumba 10-12 A Matter of Balance 12:30 Bingo with Senior Center 3 Yoga</p>	<p>OCTOBER 1</p>	<p>2 Flu Shots coming in October</p>	<p>3 Line Dancing starts in October</p>	<p>4</p>
	<p>No Evening Meal</p>	<p>In September</p>		