



September 2019 Connections Highlights

SPECIAL EVENTS

- Monday – 9/2– 12:00-2:00 p.m. – Labor Day BBQ
- Monday – 9/2–2:30 p.m. – Comedy Show (1st Floor)
- Wednesday – 9/4– 10:00 a.m. – Lego Demo (1st Floor)
- Thursday – 9/5– 10:30 a.m. – Fashion Show (1st Floor)
- Thursday – 9/11– 10:30 a.m. – 9/11 Remembrance Pledge (1st Floor)
- Wednesday – 9/18– 3:30 p.m. – Neighborhood Bake Off!
- Sunday – 9/22– 3:30 p.m. – Fall Fest Gathering (1st Floor)
- Thursday – 89/26– 3:30 p.m. – Birthday Celebration (Connections)

CLASSES

- Mondays – 9/9 & 9/23 – 10:00 a.m. – Brain Fitness with Mary
- Tuesdays – 9/3, 9/10, 9/17, 9/24– 10:00 a.m. – Chair Yoga with Kara
- Wednesdays – 9/4, 9/11, 9/18, 9/25 – 11:15am – Balls & Bands with
Debbi
- Thursdays – 9/5, 9/12, 9/19 – 9:30 a.m. – Exercise with Apollo
- Tuesdays – 9/3, 9/10, 9/17, 9/24 – 1:00pm –Art Class with Barbara
- Mondays – 9/9 & 9/23 – 11:00 a.m. –Knitting Class (1st Floor)
- Wednesdays – 9/4 & 9/18– 3:15 p.m. –Dance Class with David (1st
Floor)

OUTINGS

- Wednesday 9/4– 1:00 p.m. – RB Historical Society
- Wednesday 9/11– 1:00 p.m. – RB Pier Walk & Gelato
- Wednesday 9/18– 1:00 p.m. – Chen Art Gallery
- Wednesday 9/25– 12:00 p.m. – Lunch at Corner Bakery
- Saturday – 9/7, 9/14, 9/21, 9/28 – 1:00 p.m. – Scenic Ride