

SEPTEMBER 2023

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					1	2
3	4	5 Exercise class 2:00-3:00 pm	6	7 Caregiver Support Group Noon-1:00 pm Concert in the Park (Lauderdale) 6:30-8:00 pm	8 Blood pressure: Berry 10:30-11:30 am	9
10	11	12 Exercise class 2:00-3:00 pm	13 Lunch Outing at Olive Garden 11:00-12:30 pm	14 Poetry class 2:30-3:30 pm	15	16
17	18 "Lives Well Lived" movie 1:00-2:30 pm	19 Exercise class 2:00-3:00 pm Blood pressure: Seal 3-3:45 pm	20	21 Poetry class 2:30-3:30 pm	22	23
24	25	26 Exercise class 2:00-3:00 pm Game Day 10:00 am-Noon	27 Lunch Bunch Noon-1:00 pm	28 Poetry class 2:30-3:30 pm	29	30

ACTIVITY DETAILS:

- **Blood pressure clinic - Berry:** 10:30-11:30 am in Club Room. For residents of Legends at Berry only.
- **Blood pressure clinic - Seal:** 3-3:45 pm in the community room at Seal Hi-Rise (825 Seal St.)
- **Caregiver Support Group:** Noon-1:00 pm hybrid; 2323 Como & Zoom, call office e-mail office@sapaseniors.org for link
- **Concert in the Park:** 6:30-8:00 pm at Lauderdale Community Park, 1885 Fulham St., Lauderdale.
- **Exercise class:** In-person at Lauderdale City Hall, 1891 Walnut St. 2-3:00 pm; To sign up e-mail sc@sapaseniors.org
- **Game Day:** Coffee and board games. 10:00 am-Noon. In-person at 2200 Hillside Ave.
- **"Lives Well Lived" movie:** At 2200 Hillside Ave. No need to sign up in advance.
- **Lunch Bunch:** Online gathering from noon-1:00 pm; call office or e-mail sc@sapaseniors.org for Zoom link.
- **Lunch Outing:** 11:00-12:30 pm. Meeting at **Olive Garden**, 1525 County Road C, Roseville. Contact office to sign up.
- **Poetry class with Dave Healy (virtual):** call office or e-mail sc@sapaseniors.org to sign up and to get the Zoom link.