

## September 2022

| SUN       | MONDAY                                 | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY                                     | SAT       |
|-----------|--|---|---|--|--|-----------|
|           |  |   |   | <b>1</b><br>Caregiver Support Group<br>10-11:30 am | <b>2</b><br>Walk With Ease<br>10-11:00 am  | <b>3</b>  |
| <b>4</b>  | <b>5</b>                               | <b>6</b><br>Tai Ji Quan<br>10-11:00 am  | <b>7</b><br>Walk With Ease<br>10-11:00 am                                     | <b>8</b><br>Tai Ji Quan<br>10-11:00 am             | <b>9</b><br>Walk With Ease<br>10-11:00 am  | <b>10</b> |
| <b>11</b> | <b>12</b><br>Chair yoga<br>10-11:00 am | <b>13</b><br>Tai Ji Quan<br>10-11:00 am<br><br>Blood pressure:<br>Berry 10:30-11:30 am  | <b>14</b><br>Walk With Ease<br>10-11:00 am<br><br>Lunch Bunch<br>Noon-1:00 pm | <b>15</b><br>Tai Ji Quan<br>10-11:00 am            | <b>16</b><br>Walk With Ease<br>10-11:00 am | <b>17</b> |
| <b>18</b> | <b>19</b><br>Chair yoga<br>10-11:00 am | <b>20</b><br>Tai Ji Quan<br>10-11:00 am<br><br>Blood pressure: Seal<br>3-3:45 pm<br><br>Concert in the Park<br>(Lauderdale Community Park)<br>7-8:00 pm | <b>21</b><br>Walk With Ease<br>10-11:00 am                                    | <b>22</b><br>Tai Ji Quan<br>10-11:00 am            | <b>23</b><br>Walk With Ease<br>10-11:00 am | <b>24</b> |
| <b>25</b> | <b>26</b><br>Chair yoga<br>10-11:00 am | <b>27</b><br>Tai Ji Quan<br>10-11:00 am<br><br>Movie<br>2-4:00 pm   | <b>28</b><br>Walk With Ease<br>10-11:00 am<br><br>Lunch Bunch<br>Noon-1:00 pm | <b>29</b><br>Tai Ji Quan<br>10-11:00 am            | <b>30</b><br>Walk With Ease<br>10-11:00 am |           |

**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:** 10-11:30 am online; call office or e-mail [office@sapaseniors.org](mailto:office@sapaseniors.org) for Zoom link
- **Chair Yoga:** 10-11:00 am online; call office or e-mail [sc@sapaseniors.org](mailto:sc@sapaseniors.org) to see if space is available
- **Concert in the Park:** by **Pig's Eye Jass Band**; 7-8:00 pm at Lauderdale Community Park, 1885 Fulham Street.
- **Lunch Bunch:** Online gathering from noon-1:00 pm; call office or e-mail [sc@sapaseniors.org](mailto:sc@sapaseniors.org) for Zoom link
- **Movie: "News of the World"**, 2-4:00 pm at St. Anthony Park Library, 2245 Como Ave.
- **Tai Ji Quan-Moving for Better Balance:** 10 am online; call office or e-mail [vc@sapaseniors.org](mailto:vc@sapaseniors.org) to see if space is available
- **Walk With Ease:** 10-11:00 am at Como Lake pavilion; call office or e-mail [sc@sapaseniors.org](mailto:sc@sapaseniors.org) to see if space is available