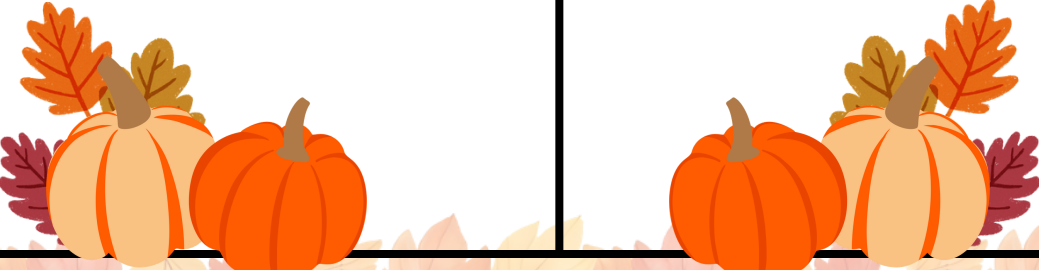
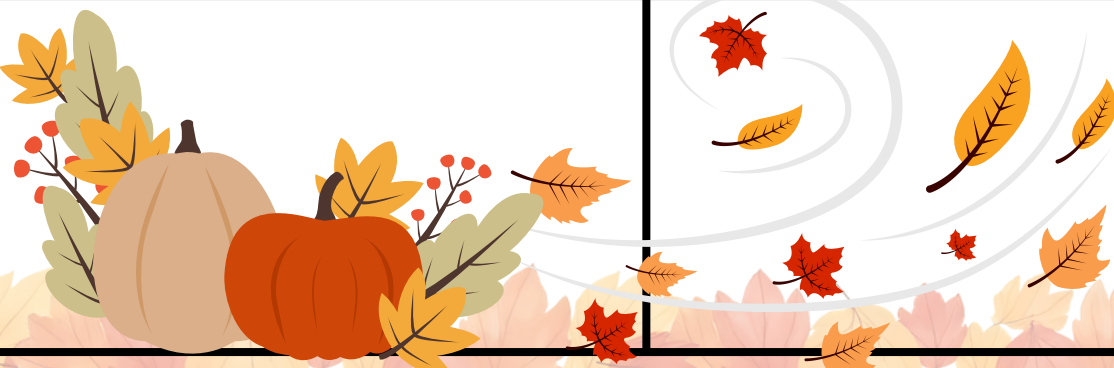


September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <i>Kathy's Bingo 10am</i> #2 Chess 8am-11am #3 Knitting 10am-12:30pm	2 #3 Knitting 10am-1pm #2 Chinese Mahjong 10-11:30am <i>Live Music</i>	3 <i>WoodmenLife CH210 Bingo 10am</i> #2 Chess 8am-11am #3 Knitting 10am-12:30pm	4 #2 Bridge 9:30am-1:45pm
7  <i>Happy Labor Day</i>	8 <i>Garrison NH Bingo 10am</i> #2 Chess 8am-11am #3 Knitting 10am-12:30pm #2 Canasta 1-3:45pm <i>Austin Hills Coffee Club 10am</i>	9 <i>Heart to Heart Bingo 10am</i> #3 Knitting 10am-1pm #2 Chinese Mahjong 10-11:30am	10 #2 Chess 8am-11am #3 Knitting 10am-12:30pm #2 Canasta 12-3:45pm <i>NJF *Free* Dinner & Bingo 5:30pm</i>	11 <i>ETX Metabolic Wellness Bingo 10am</i> #2 Bridge 9:30am <i>Vital Signs w/ ETX Metabolic Wellness 11am</i>
14 <i>Arbie's Bingo 10am</i>	15 <i>Kelby w/ Stallings Court Bingo 10am</i> #2 Chess 8am-11am #3 Knitting 10am-12:30pm	16 <i>The Arbor Bingo 10am</i> #3 Knitting 10am-1pm #2 Chinese Mahjong 10-11:30am	17 <i>Vital Caring Bingo 10am</i> #2 Chess 8am-11am #3 Knitting 10am-12:30pm	18 <i>ETX Metabolic Wellness Bingo 10am</i> #2 Bridge 9:30am-1:45pm <i>Vital Signs w/ ETX Metabolic Wellness 11am</i>
21 <i>Judy's Bingo 10am</i>	22 <i>Cason Monk Bingo 10am</i> #2 Chess 8am-11am #3 Knitting 10am-12:30pm <i>Veteran's Coffee Club 10am</i>	23 #3 Knitting 10am-1pm #2 Chinese Mahjong 10-11:30am	24 <i>Meadowview Bingo 10am</i> #2 Chess 8am-11am #3 Knitting 10am-12:30pm <i>Live Music</i>	25 <i>Super Bingo 10am</i> #2 Bridge 9:30am-1:45pm <i>Vital Signs w/ Harbor Hospice 9am</i>
28 <i>Paula's Bingo 10am</i> #2 Quilting 1:30-3:45pm <i>Vital Signs w/ Angels Care 11am</i> <i>Newcomers Book Club</i>	29 #2 Chess 8am-11am #3 Knitting 10am-12:30pm	30 <i>Judy's Bingo 10am</i> #3 Knitting 10am-1pm #2 Chinese Mahjong 10-11:30am		

September Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cheeseburger Mac, Green Beans, Garlic Bread Salad Bar	2 Chicken Tetrizzini, Brussels, Garlic Bread Salad Bar	3 Pozole, Cilantro, Radish, Nappa, Jalapeno, Grilled Tortillas Salad Bar	4 Jambalaya, Fried Okra, Cornbread Salad Bar
7  Happy Labor Day	8 Meatball Sub, Garlic Parmesan Fries Salad Bar	9 BBQ Stuffed Baked Potato, Green Beans, Yeast Roll Salad Bar	10 Smoked Sausage, Red Beans & Rice, Cabbage, Cornbread Salad Bar	11 Chicken Strip Basket, Texas Toast, Mashed Potatos, Peppered Gravy Salad Bar
14 Reuben, Potato Soup <i>½ Off Salads</i>	15 Hot Dog, Fries Salad Bar	16 New Orleans Pasta, Broccoli, Garlic Bread Salad Bar	17 Chicken Fricassee, Mashed Potatos, Green Beans, Yeast Roll Salad Bar	18 BBQ Burger, Fries Salad Bar
21 Tomato Soup, Grilled Ham & Cheese <i>½ Off Salads</i>	22 Pasta Bake, Green Beans, Garlic Bread Salad Bar	23 Breakfast! Salad Bar	24 Chicken Tinga Tocos, Spanish Rice, Charro Beans Salad Bar	25 Fried Chicken Po'Boy, Waffle Fries Salad Bar
28 Chicken Noodle Soup, Turkey Club <i>½ Off Salads</i>	29 Shepherds Pie, Green Beans, Garlic Bread Salad Bar	30 Quesadillas, Charro Beans, Spanish Rice Salad Bar		

September Fitness Calendar 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Beginner Line Dancing 1:15-2pm Advance Line Dancing 2:15-3pm Yoga 3:15-4pm	2 Tai Chi 1-1:45pm Functional Fitness 2-2:45pm	3 Beginner Line Dancing 1:15-2pm Advance Line Dancing 2:15-3pm Yoga 3:15-4pm	4
7 	8 Beginner Line Dancing 1:15-2pm Advance Line Dancing 2:15-3pm Yoga 3:15-4pm	9 Tai Chi 1-1:45pm Functional Fitness 2-2:45pm	10 Beginner Line Dancing 1:15-2pm Advance Line Dancing 2:15-3pm Yoga 3:15-4pm	11
14 Tai Chi 1-1:45pm Functional Fitness 2-2:45pm	15 Beginner Line Dancing 1:15-2pm Advance Line Dancing 2:15-3pm Yoga 3:15-4pm	16 Tai Chi 1-1:45pm Functional Fitness 2-2:45pm	17 Beginner Line Dancing 1:15-2pm Advance Line Dancing 2:15-3pm Yoga 3:15-4pm	18
21 Tai Chi 1-1:45pm Functional Fitness 2-2:45pm	22 Beginner Line Dancing 1:15-2pm Advance Line Dancing 2:15-3pm Yoga 3:15-4pm	23 Tai Chi 1-1:45pm Functional Fitness 2-2:45pm	24 Beginner Line Dancing 1:15-2pm Advance Line Dancing 2:15-3pm Yoga 3:15-4pm	25
28 Tai Chi 1-1:45pm Functional Fitness 2-2:45pm	29 Beginner Line Dancing 1:15-2pm Advance Line Dancing 2:15-3pm Yoga 3:15-4pm	30 Tai Chi 1-1:45pm Functional Fitness 2-2:45pm	