

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>Avenidas</b> Rose Kleiner Center</p> <p>We are closed for Labor Day on Monday September 4th</p>	<p><b>SEPTEMBER 2023 ARKC Activities Calendar</b></p> <p>Every day @ 9-10 am Social Hour w/ coffee &amp; tea Every day @ 12pm Lunch</p> <p><i>*Activities subject to change</i></p>		<p><b>FOOTBALL MONTH</b></p>  <p><b>Wear Your Favorite Football Team Gear on Wednesdays &amp; Fridays</b></p>	<p><b>1</b></p> <p>10am Social Change w/ Rachel <u>or</u> Bookmarks</p> <p>11am Meditation w/ Bill <u>or</u> Exercise</p> <p>1pm Sonia on the Banjo <u>or</u> Football BINGO</p>
<p><b>4</b></p> 	<p><b>5</b></p> <p>10am Trivia Tuesday <u>or</u> Football Helmets</p> <p>11am Relaxation w/ Lu</p> <p>1pm Classical Piano w/ Theresa <u>or</u> BINGO</p>	<p><b>6</b></p> <p>10am Armchair Travels w/ Rachel <u>or</u> Gardening Project w/ Mark</p> <p>11am Exercise</p> <p>1pm Rockin' w/ Regi <u>or</u> Beanbags &amp; Balls</p>	<p><b>7</b></p> <p>10am Bay Area Food Culture w/ Mark <u>or</u> Popsicle Stick Flowers</p> <p>11am Exercise</p> <p>1pm Drum Circle w/ Anita <u>or</u> Noodle Hockey</p>	<p><b>8</b></p> <p>10am Social Change w/ Rachel <u>or</u> Clothespin People</p> <p>11am Meditation w/ Bill <u>or</u> Exercise</p> <p>1pm Anna on Piano <u>or</u> BINGO</p>
<p><b>11</b></p> <p>10am Jeopardy <u>or</u> Silhouettes</p> <p>11am Exercise</p> <p>1pm Timo on Steel Drum <u>or</u> Parachute</p>	<p><b>12</b></p> <p>10am Trivia Tuesday <u>or</u> Butterfly Collage</p> <p>11am Relaxation w/ Lu</p> <p>1pm Flyswatter Tennis <u>or</u> BINGO</p>	<p><b>13</b></p> <p>10am Football Trivia <u>or</u> Gardening Project w/ Mark</p> <p>11am Exercise</p> <p>1pm Sing-Along w/ Dina <u>or</u> Bowling</p>	<p><b>14</b></p> <p>10am Bay Area Food Culture w/ Mark <u>or</u> Stencil Art</p> <p>11am Exercise</p> <p>1pm Watercolor w/ Eileen <u>or</u> Horseshoes</p>	<p><b>15</b></p> <p>10am Jeopardy <u>or</u> Felt Weaving</p> <p>11am Meditation w/ Bill <u>or</u> Exercise</p> <p>1pm Golf <u>or</u> BINGO</p>
<p><b>18</b></p> <p>10am Happy News w/ Rachel <u>or</u> Lentil Mosaics</p> <p>11am Exercise</p> <p>1pm Steve, the 1-Man Band <u>or</u> Catch Football</p>	<p><b>19</b></p> <p>10am Social Change w/ Rachel <u>or</u> Marble Turtles</p> <p>11am Exercise</p> <p>1pm Classical Piano w/ Theresa <u>or</u> BINGO</p>	<p><b>20</b></p> <p>10am Armchair Travels w/ Rachel <u>or</u> Gardening Project w/ Mark</p> <p>11am Exercise</p> <p>1pm Drum Circle w/ Jane <u>or</u> Noodle Hockey</p>	<p><b>21</b></p> <p>10am Bay Area Food Culture w/ Mark <u>or</u> Washi Tape Art</p> <p>11am Exercise</p> <p>1pm Rockin' w/ Regi <u>or</u> Darts</p>	<p><b>22</b></p> <p>10am Social Change w/ Rachel <u>or</u> Paper Rainbows</p> <p>11am Meditation w/ Bill <u>or</u> Exercise</p> <p>1pm Anna on Piano <u>or</u> BINGO</p>
<p><b>25</b></p> <p>10am Happy News w/ Rachel <u>or</u> Tissue Paper Fish</p> <p>11am Exercise</p> <p>1pm Sing-Along w/ Dina <u>or</u> Bowling</p>	<p><b>26</b></p> <p>10am Trivia Tuesday <u>or</u> Rock Painting</p> <p>11am Relaxation w/ Lu</p> <p>1pm Chair Volleyball <u>or</u> BINGO</p>	<p><b>27</b></p> <p>10am Armchair Travels w/ Rachel <u>or</u> Gardening Project w/ Mark</p> <p>11am Exercise</p> <p>1pm Drum Circle w/ Jane <u>or</u> Duck Hunt</p>	<p><b>28</b></p> <p>10am Bay Area Food Culture w/ Mark <u>or</u> Football Word Search</p> <p>11am Exercise</p> <p>1pm Watercolor w/ Eileen <u>or</u> Basketball</p>	<p><b>29</b></p> <p>10am Social Change w/ Rachel <u>or</u> Moon Festival Lanterns</p> <p>11am Meditation w/ Bill <u>or</u> Exercise</p> <p>1pm Golf <u>or</u> BINGO</p>