


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>WE WILL BE CLOSED FOR Labor Day</p>	3	4	5	6
<p>10am Trivia Tuesday <i>or</i> Sticker Art 11am Exercise 1pm Folk Music w/ Nancy Cassidy <i>or</i> BINGO</p>	<p>10am Armchair Travels with Rachel <i>or</i> Ribbon Flowers 11am Exercise 1pm Avenidas Chinese Community Center Mid-Autumn Festival <i>or</i> BINGO</p>	<p>10am Armchair Travels with Rachel <i>or</i> Butterflies and Bookmobile 11am Exercise 1pm Rockin' w/ Regi <i>or</i> Flyswatter Tennis</p>	<p>10am Paralympics Watch Party <i>or</i> Hedgehogs 11am Exercise 1pm Drum Circle w/ Anita <i>or</i> Parachute <i>and</i> 🧸 Teddy</p>	<p>10am Social Change with Rachel <i>or</i> Fall Apple Diorama 11am Exercise <i>or</i> Meditation with Bill 1pm Bowling <i>or</i> BINGO</p>
<p>WEAR RED FOR 49ers! 9</p> <p>10am Happy News with Rachel <i>or</i> Landscapes 11am Exercise 1pm Classical Piano with Theresa <i>or</i> Golf</p>	10	11	12	13
<p>10am Armchair Travels with Rachel <i>or</i> Ribbon Flowers 11am Exercise 1pm Avenidas Chinese Community Center Mid-Autumn Festival <i>or</i> BINGO</p>	<p>10am Scattergories <i>or</i> Stencil Art 11am Exercise 1pm Drum Circle with Jane <i>or</i> Beanbags and Balls</p>	<p>10am Jeopardy <i>or</i> Squirrels 11am Exercise 1pm Laughter Yoga with Claire <i>or</i> Coloring Art <i>and</i> 🧸 Teddy</p>	<p>10am Trivia <i>or</i> Houses 11am Exercise <i>or</i> Meditation with Bill 1pm Anna on Piano <i>or</i> BINGO</p>	
16	17	18	19	20
<p>10am Happy News with Rachel <i>or</i> Korean Fans for Chuseok (Harvest Festival) 11am Exercise 1pm Classical Piano with Theresa <i>or</i> Parachute</p>	<p>ARKC Spirit Day! 10am Trivia Tuesday <i>or</i> Watercolors 11am Exercise 1pm Maddaline on the Piano <i>or</i> BINGO Wear your orange & white ARKC shirt!!</p>	<p>10am Armchair Travels with Rachel <i>or</i> Gardening Project with Mark and Bookmobile 11am Exercise 1pm Ukulele with Rocky <i>or</i> Horseshoes</p>	<p>10am Bay Area Food Culture w/ Mark <i>or</i> Creative Collage 11am Exercise 1pm Scattergories <i>or</i> Chair Volleyball <i>and</i> 🧸 Teddy</p>	<p>10am Social Change with Rachel <i>or</i> Silhouettes 11am Exercise <i>or</i> Meditation with Bill 1pm Noodle Hockey <i>or</i> BINGO</p>
23	24	25	26	27
<p>10am Happy News with Rachel <i>or</i> Windchimes 11am Exercise 1pm Indigo Fire with Javier on Piano <i>or</i> Bowling</p>	<p>10am Trivia Tuesday <i>or</i> Beaded Jewelry 11am Exercise 1pm Fall Fun Fest!! Compassion Week Event, with Pianist, Crafts, & Ice Cream</p>	<p>10am Armchair Travels with Rachel <i>or</i> Gardening Project with Mark 11am Exercise 1pm Folk Music with Nancy Cassidy <i>or</i> Flyswatter Tennis</p>	<p>10am Bay Area Food Culture w/ Mark <i>or</i> Fall Leaves 11am Exercise 1pm Timo on Steel Drum <i>and</i> 🧸 Teddy</p>	<p>10am Social Change with Rachel <i>or</i> Sunflowers 11am Exercise <i>or</i> Meditation with Bill 1pm Anna on Piano <i>or</i> BINGO</p>
30			<h1>September 2024</h1> <h2>ARKC Activities Calendar</h2> <p>Every day @ 9-10 am Social Hour w/ coffee & tea Every day @ 12pm Lunch</p>	
<p>10am Happy News with Rachel <i>or</i> Word Search 11am Exercise 1pm Scattergories <i>or</i> Axe Throwing</p>		 <p>Avenidas Rose Kleiner Center</p> <p><i>*Activities subject to change</i></p>		

