

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>Fall is Here!</b>		<b>1</b> -Strength & Balance: 9:30a-10:30 <b>NO CHAIR YOGA</b>	<b>2</b>
<b>3</b>	<b>4</b> -Circuit/Interval: 9:30-10:30 -Beginners Line Dancing: 10:45-11:45 -Advanced Line Dancing: 12-1:00 -Pickleball:4:30 @ Live Oak Academy	<b>5</b> -Tops:10:00-11:30 -Bee: 10:00-12:30 (Business Mtg) -Discussion Group: 2:00-3:00 TOPIC: Compare Medicare & Supplements	<b>6</b> -Boom Move: 9:30-10:00 -Boom Muscle: 10:10-10:40 -Sassy Senior Stampers: 1:00 -Pickleball: 4:30 @ Live Oak Academy	<b>7</b> Coffee Social & Games: 9:00-12:30  TX History 12:30- 2:00	<b>8</b> -Strength & Balance: 9:30-10:30 -Chair Yoga: 10:45-12:00	<b>9</b>
<b>10</b>	<b>11</b> -Circuit/Interval: 9:30-10:30 -Beginners Line Dancing: 10:45-11:45 <b>-NO Advanced Line Dancing: 12-1:00</b> -Pickleball:4:30 @ Live Oak Academy	<b>12</b> -Tops: 10:00-11:30 -Bee: 10:00a-5:00 (Open Sew) -Discussion Group: 2:00-3:00 TOPIC: Things to Enjoy & Entertain ourselves	<b>13</b> -Boom Move: 9:30-10:00 -Boom Muscle: 10:10-10:40 -Chamber Meeting: 11:30-1:00 -Pickleball: 4:30 @ Live Oak Academy	<b>14</b> Coffee Social & Games: 9:00-12:30 TX History 12:30- 2:00	<b>15</b> -Strength & Balance: 9:30-10:30 -Chair Yoga: 10:45-12:00	<b>16</b> Art Class 9:30
<b>17</b>	<b>18</b> -Circuit/Interval: 9:30-10:30 -Beginners Line Dancing: 10:45-11:45 -Advanced Line Dancing: 12-1:00 -Pickleball:4:30 @ Live Oak Academy	<b>19</b> -Tops: 10:00-11:30 -Bee: 10:00-12:30 -Discussion Group: 2:00-3:00 TOPIC: Talk about your favorite movie, book or TV show	<b>20</b> -Boom Move: 9:30-10:00 -Boom Muscle: 10:10-10:40 -Board Meeting 10:00 -Sassy Senior Stampers 1:00 -Pickleball 4:30 @ Live Oak Academy	<b>21</b> Coffee Social & Games: 9:00-12:30	<b>22</b> -Strength & Balance: 9:30-10:30 -Chair Yoga: 10:45-12:00	<b>23</b>
<b>24</b>	<b>25</b> -Circuit/Interval: 9:30-10:30 -Beginners Line Dancing: 10:45-11:45 -Advanced Line Dancing: 12-1:00 -Pickleball:4:30 @ Live Oak Academy	<b>26</b> -Tops: 10:00-11:30 -Bee: 10:0a-5:00 (Open Sew) -Discussion Group: 2:00-3:00 TOPIC: What's on your Bucket list  <b>MOD PIZZA FUNDRAISER</b>	<b>27</b> -Boom Move: 9:30-10:00 -Boom Muscle: 10:10-10:40 -Pickleball: 4:30 @ Live Oak Academy	<b>28</b> Coffee Social & Games: 9:00-12:30	<b>29</b> -Strength & Balance: 9:30-10:30 -Chair Yoga: 10:45-12:00	<b>30</b>
<b>31</b>	<b>Pickle Ball: Location: Live Oak Academy @ 4820 Jack C Hays Trail (2770)</b>					

