

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Yoga Sculpt 11:15 Gentle Yoga 1:00 Morning Meditation	2 10:00 Tai Chi 11:00 Strength 1:00 Bridge 4:00 Happy Hour	3 9:00 Morning Meditation 10:00 Coffee Talk w/ RED 1:00 Brain Workout	4 9:00 Morning Meditation 11:00 Walking Club 1:00 Body Stretches
5 10:00 Bicycling Club 1:00 Brain Workout 4:00 Walking Club	Labor Day 6 10:00 Yoga Flow 11:15 Gentle Yoga 3:00 Zumba	7 10:00 Tai Chi 11:00 Strength 1:00 Mahjong 4:00 "Wine Down"	8 10:00 Yoga Sculpt 11:15 Gentle Yoga 11:30 Chair Massage 1:00 Cooking Class with Geneive, "Empanadas" 3:00 Canterbury Park Live Races	9 10:00 Tai Chi 11:00 Strength 1:00 Bridge 3:00 Women's Bible Study 3:00 Cookies & Conversation w/ Anne Tabat 5:00 Happy Hour	10 8:00 Quiche Friday 10:00 Yoga Flow 11:15 Gentle Yoga 2:00 Cribbage Tutorial with Cheryl and Wendy 4:00 Book Club "Where the Crawdad's Sing"	11 10:00 Edina Fall into the Arts Festival 10:00 Walking Club 5:00 Social Hour 7:00 Movie Night
12 10:00 Edina Fall into the Arts Festival 10:00 Bicycling Club 11:15 Luncheon Cruise 4:00 Netflix Documentary "Misha and the Wolves"	13 10:00 Yoga Flow 11:15 Gentle Yoga 1:00 Art Class 2:00 Yappy Hour 2:30 Zumba	14 10:00 Tai Chi 11:00 Strength 1:00 Mahjong 4:00 "Wine Down"	15 10:00 Yoga Sculpt 11:00 "Living Your Best Life" with Speaker John Prin 11:15 Gentle Yoga 4:00 Poetry Group	16 10:00 Tai Chi 11:00 Strength 12:00 Man Up with Maint. 1:00 Bridge 3:00 Women's Bible Study 5:00 Happy Hour	17 8:00 Waffles 10:00 Yoga Flow 11:15 Gentle Yoga 2:00 Cribbage Tutorial with Cheryl and Wendy	18 10:00 Walking Club 5:00 Social Hour 7:00 Movie Night
19 10:00 Bicycling Club 11:00 Brunch & Mimosas 1:30 Films Inspired by History Series: "Reversal of Fortune"	20 10:00 Yoga Flow 11:15 Gentle Yoga 1:00 Art Class 2:00 – 4:00 Flu Shot Clinic 2:30 Zumba	21 10:00 Tai Chi 11:00 Strength 1:00 Mahjong 4:00 "Wine Down"	22 10:00 Yoga Sculpt 11:15 Gentle Yoga 11:30 Chair Massage 1:00 League of Women Voters 7:00 Season Premiere "Survivor"	23 10:00 Tai Chi 11:00 Strength 1:00 Bridge 3:00 Women's Bible Study 5:00 Happy Hour	24 8:00 Quiche Friday 10:00 Yoga Flow 11:15 Gentle Yoga 2:00 Cribbage Tutorial with Cheryl and Wendy 4:00 Book Club "American Dirt"	25 10:00 Walking Club 5:00 Social Hour 7:00 Movie Night
26 10:00 Bicycling Club 4:00 Netflix Documentary: "The Speed Cubers" 6:00 Scrabble Night	27 10:00 Yoga Flow 11:15 Gentle Yoga 1:00 Art Class 2:00 Zumba	28 10:00 Tai Chi 10:00 Yoga Flow 11:00 Strength 1:00 Mahjong 4:00 "Wine Down"	29 10:00 Yoga Sculpt 11:15 Gentle Yoga 11:30 Chair Massage 4:00 Poetry Group	30 10:00 Tai Chi 11:00 Strength 1:00 Bridge 3:00 Women's Bible Study 5:00 Happy Hour	Ways to Wellness Physical Emotional Intellectual Spiritual Environmental Social Occupational	

September 2021

EVENTS

Yoga Flow

A yoga class focusing on flowing from pose to pose, linking the movement with breath. This yoga will feel like a workout while leaving your mind fresh and focused.

Yoga Sculpt

A strength-building class that incorporated small weights, resistance training, and cardio bursts. This class will inspire you, sculpt and tone your muscles, and build lasting mental and physical strength.

Strength

Build a strong foundation and tone muscles using body weight strength exercises that target your major muscle groups. A perfect class to start or continue your strength training journey.