

SUN

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				<p>7:30am- 7 Minutes of Magic - Extended AM Routine (995) 1</p> <p>8:00am- Senior Flex (995)</p> <p>9:00am- Dance Fitness w/Lucy</p> <p>10:00am- Art Class w/Adriana SOL 15</p> <p>10:00am- Busy Hands and Needles: Lounge (Coffee machine Area)</p> <p>10:00am- Library Committee Meeting SOL 12</p> <p>10:00am- MOVE Brain/Body Fitness w/Dianna (Zoom & 995)</p> <p>2:00pm- SPT Diversity Working Group (DWG) SOL 17</p> <p>2:30pm- Ping Pong - Doubles (Sol 21)</p> <p>3:00pm- Fit & Strong - Level 2 (995)</p> <p>3:30pm- Fit & Strong - Level 1 (995)</p> <p>4:00pm- Cardio Workout - Mix 2 (995)</p> <p>7:15pm- Movie Night: Wonderstruck (995)</p>	<p>7:30am- 7 Minutes of Magic for Health (995) 2</p> <p>8:00am- Walk & Firm (995)</p> <p>9:00am- Mindful Flow w/Petra</p> <p>10:00am- Gentle Exercise w/Ziv (RC)</p> <p>10:00am- QiGong for Healthy Joints & Bones (995)</p> <p>1:00pm- Afternoon Movie: The Californians (995)</p> <p>2:30pm- Ping Pong - Singles (Sol 21)</p> <p>3:00pm- QiGong for Seniors - Modified (995)</p> <p>3:30pm- QiGong for Seniors - Standard (995)</p> <p>6:45pm- 7 Minutes of Magic - Extended PM Routine (995)</p>	<p>7:30am- 7 Minutes of Magic for Health (995) 3</p> <p>8:00am- 7 Minutes of Magic: Health + AM Extended Routines (995)</p> <p>9:00am- Senior Flex (995)</p> <p>10:00am- Cardio & Strength Workout (995)</p> <p>10:00am- Dancing with your Walker w/Yaqi</p> <p>10:30am- Folk Dance Class w/Yaqi</p> <p>3:00pm- Firm & Burn (994)</p> <p>3:00pm- Sweets & Social (Lounge)</p> <p>4:00pm- Interfaith Discussion (Zoom)</p> <p>6:45pm- 7 Minutes of Magic - Extended PM Routine (995)</p> <p>7:15pm- Classic Movie: Cinema Paradiso (995)</p>
<p>7:30am- 7 Minutes of Magic for Health (995) 4</p> <p>8:00am- QiGong for Healthy Joints & Bones (995)</p> <p>9:00am- Full Body Shape-Up (995)</p> <p>10:00am- Older & Wiser Workout (995)</p> <p>11:00am- Lakeside Park Walk</p> <p>1:30pm- Play Reading (Sol 17)</p> <p>2:30pm- Ping Pong - Doubles (Sol 21)</p> <p>3:00pm- QiGong for Seniors - Modified (994)</p> <p>3:30pm- QiGong for Seniors - Standard (994)</p> <p>6:30pm- Dance/Theatre Film Features: The Best Of Ed Sullivan (995)</p>	<p>7:30am- 7 Minutes of Magic - Extended AM Routine (995) 5</p> <p>8:00am- Yoga for Seniors - Level 1 (995)</p> <p>9:00am- Senior Flex (995)</p> <p>10:00am- Firm & Burn (995)</p> <p>11:00am- Technology Committee Meeting (Zoom)</p> <p>1:30pm- Memoir Group SOL 10 (Sol 10)</p> <p>2:30pm- Ping Pong - Singles (Sol 21)</p> <p>3:00pm- Children's Book Readings (Harris Garden)</p> <p>3:00pm- Yoga for Seniors - Level 3 (995)</p> <p>6:45pm- 7 Minutes of Magic - Extended PM Routine (995)</p> <p>7:15pm- Labor Day movie: Norma Rae</p>	<p>7:30am- 7 Minutes of Magic for Health (995) 6</p> <p>8:00am- Yoga for Seniors, Level 2 (995)</p> <p>10:00am- Mindful Movement w/Maria</p> <p>10:30am-12:00pm- Open Ceramics Studio (Sol 8)</p> <p>11:00am-12:00pm- Anti-Racism Reflection Group RC</p> <p>1:30pm-3:30pm- Sewing Room Open (Sol 11)</p> <p>2:00pm- Brain Fitness w/Teri (RC)</p> <p>3:00pm- Fit & Strong - Level 2 (995)</p> <p>3:30pm- Fit & Strong - Level 1 (995)</p> <p>4:00pm- Cardio Workout - Mix 1 (995)</p> <p>4:45pm- Happy Hour (Harris Garden)</p>	<p>7:30am- 7 Minutes of Magic for Health (995) 7</p> <p>8:00am- Walk & Firm (995)</p> <p>9:00am- Stretch & Balance to Music w/Robin</p> <p>10:00am- Gentle Exercise w/Ziv (RC)</p> <p>10:45am- Smoothies (Bay Place)</p> <p>11:00am- Men's Group SOL 17</p> <p>3:00pm- Chair Volleyball (RC)</p> <p>3:00pm- QiGong for Seniors - Modified (995)</p> <p>3:30pm- QiGong for Seniors - Standard (995)</p> <p>6:45pm- 7 Minutes of Magic - Extended PM Routine (995)</p> <p>7:15pm- Islam Awareness movie: Malcolm X (995)</p>	<p>7:30am- 7 Minutes of Magic - Extended AM Routine (995) 8</p> <p>8:00am- Senior Flex (995)</p> <p>9:00am- Dance Fitness w/Lucy</p> <p>10:00am- Art Class w/Adriana ZOOM</p> <p>10:00am- Busy Hands and Needles: Lounge (Coffee machine Area)</p> <p>10:00am- MOVE Brain/Body Fitness w/Dianna (Zoom & 995)</p> <p>11:00am- Safety Committee Meeting (RC)</p> <p>12:00pm-1:00pm- September Birthdays Slideshow (995)</p> <p>1:30pm- EOLP Committee Presentation TBD</p> <p>2:00pm-4:00pm- Postcard Activism Open House (Harris Garden)</p> <p>2:30pm- Ping Pong - Doubles (Sol 21)</p> <p>3:00pm- Fit & Strong - Level 2 (995)</p> <p>3:30pm- Fit & Strong - Level 1 (995)</p> <p>4:00pm- Cardio Workout - Mix 2 (995)</p> <p>4:30pm- Monthly Birthday Celebration</p> <p>7:15pm- Movie Night: French Exit (995)</p>	<p>7:30am- 7 Minutes of Magic for Health (995) 9</p> <p>8:00am- Walk & Firm (995)</p> <p>9:00am- Mindful Flow w/Petra</p> <p>10:00am- QiGong for Healthy Joints & Bones (995)</p> <p>1:30pm- Bonnie Weiss Presents (Zoom and 995)</p> <p>1:30pm- EOLP Drop-In (Lounge)</p> <p>2:30pm- Ping Pong - Singles (Sol 21)</p> <p>3:00pm- QiGong for Seniors - Modified (995)</p> <p>3:30pm- QiGong for Seniors - Standard (995)</p> <p>6:45pm- 7 Minutes of Magic - Extended PM Routine (995)</p>	<p>7:30am- 7 Minutes of Magic for Health (995) 10</p> <p>8:00am- 7 Minutes of Magic: Health + AM Extended Routines (995)</p> <p>9:00am- Senior Flex (995)</p> <p>10:00am- Cardio & Strength Workout (995)</p> <p>10:00am- Dancing with your Walker w/Yaqi</p> <p>10:30am- Folk Dance Class w/Yaqi</p> <p>3:00pm- Firm & Burn (994)</p> <p>3:00pm- Sweets & Social (Lounge)</p> <p>6:45pm- 7 Minutes of Magic - Extended PM Routine (995)</p> <p>7:15pm- Classic Movie: The Last Waltz (995)</p>
<p>7:30am- 7 Minutes of Magic for Health (995) 11</p> <p>8:00am- QiGong for Healthy Joints & Bones (995)</p> <p>9:00am- Full Body Shape-Up (995)</p> <p>10:00am- Older & Wiser Workout (995)</p> <p>11:00am- Lakeside Park Walk</p> <p>12:00pm- Grandparents' Day Special Happy Hour (Dining Room)</p> <p>1:30pm- Play Reading (Sol 17)</p> <p>2:30pm- Ping Pong - Doubles (Sol 21)</p> <p>3:00pm- QiGong for Seniors - Modified (994)</p> <p>3:30pm- QiGong for Seniors - Standard (994)</p> <p>6:30pm- Dance/Theatre Film Features (995)</p>	<p>7:30am- 7 Minutes of Magic - Extended AM Routine (995) 12</p> <p>8:00am- Yoga for Seniors - Level 1 (995)</p> <p>9:00am- Exercise with Esteban (RC)</p> <p>10:00am- Firm & Burn (995)</p> <p>2:30pm- Ping Pong - Singles (Sol 21)</p> <p>3:00pm- Yoga for Seniors - Level 3 (995)</p> <p>6:45pm- 7 Minutes of Magic - Extended PM Routine (995)</p> <p>7:15pm- Music Committee Presents (995)</p>	<p>7:30am- 7 Minutes of Magic for Health (995) 13</p> <p>8:00am- Yoga for Seniors, Level 2 (995)</p> <p>9:00am- Stretch & Tone w/Kim</p> <p>10:00am- Mindful Movement w/Maria</p> <p>10:30am-12:00pm- Open Ceramics Studio (Sol 8)</p> <p>11:00am-12:00pm- Anti-Racism Reflection Group RC</p> <p>2:00pm- Brain Fitness w/Teri (RC)</p> <p>3:00pm- Fit & Strong - Level 2 (995)</p> <p>3:30pm- Fit & Strong - Level 1 (995)</p> <p>4:00pm- Cardio Workout - Mix 1 (995)</p> <p>4:45pm- Happy Hour (Harris Garden)</p>	<p>7:30am- 7 Minutes of Magic for Health (995) 14</p> <p>8:00am- Walk & Firm (995)</p> <p>9:00am- Stretch & Balance to Music w/Robin</p> <p>10:00am- Gentle Exercise w/Ziv (RC)</p> <p>10:45am- Smoothies (Bay Place)</p> <p>11:00am- Men's Group SOL 17</p> <p>1:30pm- Food Committee Meeting SOL 17</p> <p>3:00pm- Chair Volleyball (RC)</p> <p>3:00pm- QiGong for Seniors - Modified (995)</p> <p>3:30pm- QiGong for Seniors - Standard (995)</p> <p>6:45pm- 7 Minutes of Magic - Extended PM Routine (995)</p> <p>7:15pm- Islam Awareness movie: Ali (995)</p>	<p>7:30am- 7 Minutes of Magic - Extended AM Routine (995) 15</p> <p>8:00am- Senior Flex (995)</p> <p>9:00am- Dance Fitness w/Lucy</p> <p>10:00am- Art Class w/Adriana SOL 15</p> <p>10:00am- Busy Hands and Needles: Lounge (Coffee machine Area)</p> <p>10:00am- MOVE Brain/Body Fitness w/Dianna (Zoom & 995)</p> <p>11:00am- Meditation with Chaplain Elisabeth SOL 17</p> <p>1:30pm- Safety Committee Meeting TBD</p> <p>2:00pm- SPT Diversity Working Group (DWG) (Zoom)</p> <p>2:30pm- Ping Pong - Doubles (Sol 21)</p> <p>3:00pm- Fit & Strong - Level 2 (995)</p> <p>3:30pm- Fit & Strong - Level 1 (995)</p> <p>4:00pm- Cardio Workout - Mix 2 (995)</p> <p>7:15pm- Movie Night: 12 Mighty Orphans (995)</p>	<p>7:30am- 7 Minutes of Magic for Health (995) 16</p> <p>8:00am- Walk & Firm (995)</p> <p>9:00am- Mindful Flow w/Petra</p> <p>10:00am- Gentle Exercise w/Ziv (RC)</p> <p>10:00am- QiGong for Healthy Joints & Bones (995)</p> <p>11:00am- Biography Project, Editorial Team ZOOM</p> <p>2:30pm- Ping Pong - Singles (Sol 21)</p> <p>3:00pm- QiGong for Seniors - Modified (995)</p> <p>3:30pm- QiGong for Seniors - Standard (995)</p> <p>6:45pm- 7 Minutes of Magic - Extended PM Routine (995)</p> <p>7:15pm- John Kendall Bailey Presentation (Zoom & 995)</p>	<p>7:30am- 7 Minutes of Magic for Health (995) 17</p> <p>8:00am- 7 Minutes of Magic: Health + AM Extended Routines (995)</p> <p>9:00am- Senior Flex (995)</p> <p>10:00am- Cardio & Strength Workout (995)</p> <p>10:00am- Dancing with your Walker w/Yaqi</p> <p>10:30am- Folk Dance Class w/Yaqi</p> <p>11:00am- SPT Book Club: Horse By Geraldine Brooks (Sol 17)</p> <p>3:00pm- Firm & Burn (994)</p> <p>3:00pm- Sweets & Social (Lounge)</p> <p>4:00pm- Interfaith Discussion Chapter 7: BREATHE (Zoom)</p> <p>6:45pm- 7 Minutes of Magic - Extended PM Routine (995)</p> <p>7:15pm- Classic Movie: Casablanca (995)</p>
<p>7:30am- 7 Minutes of Magic for Health (995) 18</p> <p>8:00am- QiGong for Healthy Joints & Bones (995)</p> <p>9:00am- Full Body Shape-Up (995)</p> <p>10:00am- Older & Wiser Workout (995)</p> <p>11:00am- Lakeside Park Walk</p> <p>1:30pm- Play Reading (Sol 17)</p> <p>2:30pm- Ping Pong - Doubles (Sol 21)</p> <p>3:00pm- QiGong for Seniors - Modified (994)</p> <p>3:30pm- QiGong for Seniors - Standard (994)</p> <p>6:30pm- Dance/Theatre Film Features (995)</p>	<p>7:30am- 7 Minutes of Magic - Extended AM Routine (995) 19</p> <p>8:00am- Yoga for Seniors - Level 1 (995)</p> <p>9:00am- Exercise with Esteban (RC)</p> <p>10:00am- Firm & Burn (995)</p> <p>11:00am- Meditation with Chaplain Elisabeth SOL 17</p> <p>1:30pm- Memoir Group ZOOM</p> <p>2:00pm- Chair Volleyball (RC)</p> <p>2:30pm- Ping Pong - Singles (Sol 21)</p> <p>3:00pm- Children's Book Readings (Harris Garden)</p> <p>3:00pm- Yoga for Seniors - Level 3 (995)</p> <p>6:45pm- 7 Minutes of Magic - Extended PM Routine (995)</p> <p>7:15pm- Music Committee Presents (995)</p>	<p>7:30am- 7 Minutes of Magic for Health (995) 20</p> <p>8:00am- Yoga for Seniors, Level 2 (995)</p> <p>9:00am- Stretch & Tone w/Kim</p> <p>10:00am- Mindful Movement w/Maria</p> <p>10:30am-12:00pm- Open Ceramics Studio (Sol 8)</p> <p>11:00am-12:00pm- Anti-Racism Reflection Group RC</p> <p>1:30pm-3:30pm- Sewing Room Open (Sol 11)</p> <p>2:00pm- Brain Fitness w/Teri (RC)</p> <p>3:00pm- Fit & Strong - Level 2 (995)</p> <p>3:30pm- Fit & Strong - Level 1 (995)</p> <p>4:00pm- Cardio Workout - Mix 1 (995)</p> <p>5:00pm-6:00pm- Luau Party Happy Hour</p>	<p>7:30am- 7 Minutes of Magic for Health (995) 21</p> <p>8:00am- Walk & Firm (995)</p> <p>9:00am- Jewelry Services (Harris Garden)</p> <p>9:00am- Stretch & Balance to Music w/Robin</p> <p>10:00am- Gentle Exercise w/Ziv (RC)</p> <p>10:45am- Smoothies (Bay Place)</p> <p>11:00am- Men's Group SOL 17</p> <p>3:00pm- Chair Volleyball (RC)</p> <p>3:00pm- QiGong for Seniors - Modified (995)</p> <p>3:30pm- QiGong for Seniors - Standard (995)</p> <p>6:45pm- 7 Minutes of Magic - Extended PM Routine (995)</p> <p>7:15pm- Hispanic Heritage Movie: FRIDA (995)</p>	<p>7:30am- 7 Minutes of Magic - Extended AM Routine (995) 22</p> <p>8:00am- Senior Flex (995)</p> <p>9:00am- Dance Fitness w/Lucy</p> <p>10:00am- Art Class w/Adriana ZOOM</p> <p>10:00am- Busy Hands and Needles: Lounge (Coffee machine Area)</p> <p>10:00am- MOVE Brain/Body Fitness w/Dianna (Zoom & 995)</p> <p>11:00am- Meditation with Chaplain Elisabeth SOL 17</p> <p>2:30pm- Ping Pong - Doubles (Sol 21)</p> <p>3:00pm- Fit & Strong - Level 2 (995)</p> <p>3:00pm- Music Committee Meeting TBD</p> <p>3:30pm- Fit & Strong - Level 1 (995)</p> <p>4:00pm- Cardio Workout - Mix 2 (995)</p> <p>7:15pm- Movie Night: Lunana: A Yak In The Classroom (995)</p>	<p>7:30am- 7 Minutes of Magic for Health (995) 23</p> <p>8:00am- Walk & Firm (995)</p> <p>9:00am- Mindful Flow w/Petra</p> <p>10:00am- Gentle Exercise w/Ziv (RC)</p> <p>10:00am- QiGong for Healthy Joints & Bones (995)</p> <p>1:30pm- End of Life Planning Committee Meeting SOL 12</p> <p>2:00pm-2:45pm- Dog Days Of Summer (Harris Garden)</p> <p>2:30pm- Ping Pong - Singles (Sol 21)</p> <p>3:00pm- QiGong for Seniors - Modified (995)</p> <p>3:30pm- QiGong for Seniors - Standard (995)</p> <p>6:45pm- 7 Minutes of Magic - Extended PM Routine (995)</p>	<p>7:30am- 7 Minutes of Magic for Health (995) 24</p> <p>8:00am- 7 Minutes of Magic: Health + AM Extended Routines (995)</p> <p>9:00am- Senior Flex (995)</p> <p>10:00am- Cardio & Strength Workout (995)</p> <p>10:00am- Dancing with your Walker w/Yaqi</p> <p>10:30am- Folk Dance Class w/Yaqi</p> <p>3:00pm- Firm & Burn (994)</p> <p>3:00pm- Sweets & Social (Lounge)</p> <p>4:00pm- Interfaith Discussion Chapter 8: PUSH (Zoom)</p> <p>6:45pm- 7 Minutes of Magic - Extended PM Routine (995)</p> <p>7:15pm- Classic Movie: Mr. Holland's Opus (995)</p>
<p>7:30am- 7 Minutes of Magic for Health (995) 25</p> <p>8:00am- QiGong for Healthy Joints & Bones (995)</p> <p>9:00am- Full Body Shape-Up (995)</p> <p>10:00am- Older & Wiser Workout (995)</p> <p>11:00am- Lakeside Park Walk</p> <p>1:30pm- Play Reading (Sol 17)</p> <p>2:30pm- Ping Pong - Doubles (Sol 21)</p> <p>3:00pm- QiGong for Seniors - Modified (994)</p> <p>3:30pm- QiGong for Seniors - Standard (994)</p> <p>6:30pm- Dance/Theatre Film Features (995)</p>	<p>7:30am- 7 Minutes of Magic - Extended AM Routine (995) 26</p> <p>8:00am- Yoga for Seniors - Level 1 (995)</p> <p>9:00am- Exercise with Esteban (RC)</p> <p>10:00am- Firm & Burn (995)</p> <p>11:00am- Meditation with Chaplain Elisabeth SOL 17</p> <p>2:00pm- Chair Volleyball (RC)</p> <p>2:30pm- Ping Pong - Singles (Sol 21)</p> <p>3:00pm- Yoga for Seniors - Level 3 (995)</p> <p>6:45pm- 7 Minutes of Magic - Extended PM Routine (995)</p> <p>7:15pm- Music Committee Presents (995)</p>	<p>7:30am- 7 Minutes of Magic for Health (995) 27</p> <p>8:00am- Yoga for Seniors, Level 2 (995)</p> <p>10:00am- Mindful Movement w/Maria</p> <p>10:30am-12:00pm- Open Ceramics Studio (Sol 8)</p> <p>11:00am-12:00pm- Anti-Racism Reflection Group RC</p> <p>2:00pm- Brain Fitness w/Teri (RC)</p> <p>3:00pm- Fit & Strong - Level 2 (995)</p> <p>3:30pm- Fit & Strong - Level 1 (995)</p> <p>4:00pm- Cardio Workout - Mix 1 (995)</p> <p>4:45pm- Happy Hour (Harris Garden)</p>	<p>7:30am- 7 Minutes of Magic for Health (995) 28</p> <p>8:00am- Walk & Firm (995)</p> <p>9:00am- Stretch & Balance to Music w/Robin</p> <p>10:00am- Gentle Exercise w/Ziv (RC)</p> <p>10:45am- Smoothies (Bay Place)</p> <p>11:00am- Book Review: Planting the World: Joseph Banks and His Collectors: An Adventurous History of Botany (ZOOM & 995)</p> <p>11:00am- Men's Group SOL 17</p> <p>3:00pm- Chair Volleyball (RC)</p> <p>3:00pm- QiGong for Seniors - Modified (995)</p> <p>3:30pm- QiGong for Seniors - Standard (995)</p> <p>6:45pm- 7 Minutes of Magic - Extended PM Routine (995)</p> <p>7:15pm- Hispanic Heritage Movie: Tortilla Soup (995)</p>	<p>7:30am- 7 Minutes of Magic - Extended AM Routine (995) 29</p> <p>8:00am- Senior Flex (995)</p> <p>9:00am- Dance Fitness w/Lucy</p> <p>10:00am- Art Class w/Adriana SOL 15</p> <p>10:00am- Busy Hands and Needles: Lounge (Coffee machine Area)</p> <p>10:00am- MOVE Brain/Body Fitness w/Dianna (Zoom & 995)</p> <p>11:00am- Meditation with Chaplain Elisabeth SOL 17</p> <p>1:30pm- Fireside Chat - Leadership Updates (Zoom & 995)</p> <p>2:30pm- Ping Pong - Doubles (Sol 21)</p> <p>3:00pm- Fit & Strong - Level 2 (995)</p> <p>3:30pm- Fit & Strong - Level 1 (995)</p> <p>4:00pm- Cardio Workout - Mix 2 (995)</p> <p>7:15pm- Movie Night: C'mon C'mon (995)</p>	<p>7:30am- 7 Minutes of Magic for Health (995) 30</p> <p>8:00am- Walk & Firm (995)</p> <p>9:00am- Mindful Flow w/Petra</p> <p>10:00am- Gentle Exercise w/Ziv (RC)</p> <p>10:00am- QiGong for Healthy Joints & Bones (995)</p> <p>2:30pm- Ping Pong - Singles (Sol 21)</p> <p>3:00pm- QiGong for Seniors - Modified (995)</p> <p>3:30pm- QiGong for Seniors - Standard (995)</p> <p>6:45pm- 7 Minutes of Magic - Extended PM Routine (995)</p>	

September 2022



St. Paul's Towers
A FRONT PORCH COMMUNITY