



ACTIVE ADULT PROGRAMMING BAY VIEW FAMILY BRANCH SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 Blood Drive 8 am to Noon	5	6
9	10 Trainer Tips with Steve: Recovery 11:30 am *Room Closed*	11	12	13
16 Blood Pressure Office Hours with Rita 9:30 - 11 am	17	18 Senior Bingo with Jeff - refreshments & prizes available Registration required 11:30 am - 1 pm	19	20
23	24 Senior Celebration Registration required 9:30 am - 2 pm	25	26	27
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