










Tropics Resident's Club

September 2017

The Tropics Coffee Club meets M/F am in the Conference Room, Come and Join Us!

Sun	Mon	Tues	Wed	Thur	Fri	Sat
					1 Tai Chi 8:30 - 9:30 am Yoga 8:15-9:45 am  1:00 PM Movie Night Movie @ 6:30 pm	2
3  5:30 PM	4 Yoga 8:45-9:45 am  Craft Class 2:00 PM	5 Spring Chickens 8:30 AM Spectrum Lunch @ Noon Ceramics Club 2pm	6 Tai Chi 8:30 - 9:30 am Yoga 8:15-9:45 am Bingo 6:30 PM Snack Bar 5:00 PM	7 Sprin Chickens 8:30 AM Health Mobile 9am-noon Spectrum Lunch @ Noon Board Mtg 7:00 PM	8 Yoga 8:15-9:45 am Food Bank 10:30am  1:00 PM Movie Night Movie @ 6:30 pm	9 Breakfast 8:30 - 9:45am 
10	11  Yoga 8:45-9:45 am  1pm Craft Class 2PM Line Dance 3:30 - 5:00 pm	12 Spring Chickens 8:30 AM Spectrum Lunch noon	13 Tai Chi 8:30 - 9:30 am Yoga 8:15-9:45 am Bingo 6:30 PM Snack Bar Dinner 5 PM	14 Sprin Chickens 8:30 AM Health Mobile 9am-noon Spectrum Lunch @ Noon Gen. Meeting 7:00 PM	15 Tai Chi 8:30 - 9:30 am Yoga 8:15-9:45 am  1:00 PM Movie Night Movie @ 6:30 pm	16
17	18 Yoga 8:45-9:45 am  1:00 PM Craft Class 2:00 PM Line Dance 3:30 - 5:00 pm	19 Spring Chickens 8:30 AM Spectrum Lunch noon	20 Tai Chi 8:30 - 9:30 am Yoga 8:15-9:45 am Bingo 6:30 PM Snack Bar 5:00 PM	21 Spring Chickens 8:30 AM Health Mobile 9am-noon Spectrum Lunch noon	22 Yoga 8:15-9:45 am Food Bank 10:30am  1:00 PM Movie Night Movie @ 6:30 pm	23  & Dinner 6:00 PM
24	25 Yoga 8:45-9:45 am  1:00 PM Craft Class 2:00 PM Line Dance 3:30 - 5:00 pm	26 Spring Chickens 8:30 AM Spectrum Lunch noon	27 Tai Chi 8:30 - 9:30 am Yoga 8:15-9:45 am Bingo 6:30 PM Snack Bar 5:00 PM	28 Spring Chickens 8:30 AM Health Mobile 9am-noon Spectrum Lunch noon	29 Tai Chi 8:30 - 9:30 am Yoga 8:15-9:45 am  1:00 PM Movie Night Movie @ 6:30 pm	30

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