

HEALTH PROMOTION

Soci   Alzheimer Society

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
SEPT		Online: Exercise & Game Time @1:30pm				
7	8	9	10	11	12	13
		Online: Exercise & Game Time @1:30pm Pole Walking @10am		Minds in Motion @2:30pm at The Village		
14	15	16	17	18	19	20
		Online: Exercise & Game Time @1:30pm Pole Walking @10am		Minds in Motion @2:30pm at The Village		
21	22	23	24	25	26	27
		Online: Exercise & Game Time @1:30pm Pole Walking @10am		Minds in Motion @2:30pm at The Village		
28	29	30				
	Stone Oaks Farm Tour @10am at 720 S Shore Rd, Astorville	Online: Exercise & Game Time @1:30pm Pole Walking @10am				

**2025
NORTH BAY**

For more information see pages 10-12 of our Programs and Services Guide

HEALTH PROMOTION

Soci t  Alzheimer Society

SUN	MON	TUE	WED	THU	FRI	SAT
OCT			1	2	3	4
				Minds in Motion @2:30pm at The Village		
5	6	7	8	9	10	11
		Online: Exercise & Game Time @1:30pm		Minds in Motion @2:30pm at The Village		
12	13	14	15	16	17	18
	THANKSGIVING	Online: Exercise & Game Time @1:30pm		Minds in Motion @2:30pm at The Village		
19	20	21	22	23	24	25
		Online: Exercise & Game Time @1:30pm		Minds in Motion @2:30pm at The Village		
26	27	28	29	30	31	
		Online: Exercise & Game Time @1:30pm		Minds in Motion @2:30pm at The Village		

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