

Monday

Tuesday

Wednesday

Thursday

Friday



September 2023

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10:30 Fitness with Rosemary
12:30 Hot Lunch
1:30 Cranium Crunches

5

10:00 Music with Donna
12:30 Hot Lunch
1:30 Art with Heidi

6

10:30 Fitness with Rosemary
12:30 Hot Lunch
1:30 Cranium Crunches

7

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11

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18

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22

25

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