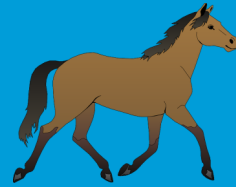


Landrum Aging Well Center



Open 8:30am to 1:00pm
Tuesdays and Thursdays
Contact: (864) 208-7279



September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	<p>3 Coffee (9:00) Guest Speaker Ken (9) Police Spoke (9:30) Fire Spoke (10) Exercise Time Elisa (10:30) Lunch</p> 	4	<p>5 Coffee (9:00) Opening Remarks(9:30) Exercise Time! Elisa (10:15) Memory Game (11) Lunch</p> 	6	7
8	9	<p>10 Coffee(9:00) Opening Remarks(9:30) Walking Exercise (10) Game Time(10:45) Lunch (12)</p> 	11	<p>12 Coffee (9:00) Opening Remarks (9:30) Exercise Time (10:00) Grace Art Class (10:45) - We need Pencil/Paper Lunch (12)</p>	13	14
15	16	<p>17 Coffee/ Snacks (9:00) Opening remarks (9:30) Exercise Time (10:00) Ron Robbins- Milestone Gallery(10:45) Lunch (12)</p> 	18	<p>19 Coffee(9:00) Opening remarks (9:30) Exercise Time (10:00) Arts and Crafts (10:45) Lunch (12)</p>	20	21
22	23	<p>24 Coffee/Snacks (9:00) Opening Remarks (9:30) Exercise Time (10:00) Brenda Speaking on Knitting? Lunch</p> 	25	<p>26 Coffee (9:00) Birthday Bash!! Hospice Speaker Game Time</p> 	27	28
29	30					