

September 2023 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FREE BAYSIDE YMCA PROGRAMS FOR PECK CENTER MEMBERS SILVER SNEAKERS - Tuesdays & Thursdays, 1:30pm - 2:30pm CHAIR YOGA - Thursday 12:10pm - 1:10pm ZUMBA - Tuesdays & Thursdays 11:00am - 12:00pm To participate, you must call the YMCA, 245-2444, within 24 hours of class time to register and show your Peck Center scan card upon arrival.</p>				<p>1 9:30am-11am - Cribbage 10-11:15am - Yoga Mat Class</p>
<p>4</p> <p style="color: red; font-weight: bold; text-align: center;">CENTER CLOSED FOR HOLIDAY</p>	<p>5 9-10am Blood Pressure screening 9:15-10am - Cardio Class 10:15-11am - Cardio Class 12:30-3:30pm - Benefit Rep 12:45-3:30pm - Hand & Foot 12:30-1:30pm - Line Dancing</p>	<p>6 9:15-10:15 - Chair Yoga 9:30-10:30 - Friends Board Mtg. 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta</p>	<p>7 9:15-10am - Cardio Class 10:15-11am - Cardio Class 12:10pm - Chair Yoga at YMCA 1:00pm...Shopping at Shaw's 1:00pm - 2:00pm - Book Club 1:00pm - 3:30pm - Bingo 7pm - SSAB Meeting</p>	<p>8 9:30am-11am - Cribbage 10-11:15am - Yoga Mat Class</p>
<p>11 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1-3pm - Alzheimer's Caregiver Support Group - Trustee Rm 1:00-3:00pm - Memoire Writing</p>	<p>12 9:15-10am - Cardio Class 10:15-11am - Cardio Class 12:30-3:30pm - Benefit Rep 12:45-3:30pm - Hand & Foot 12:30-1:30pm - Line Dancing 1:45-3:30pm Flowers for Everyone</p>	<p>13 9:15-10:15 - Chair Yoga 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta</p>	<p>14 9:15-10am - Cardio Class 10:15-11am - Cardio Class 12:10pm - Chair Yoga at YMCA 1:00pm - Shopping at Shaw's 1:00pm - 3:30pm - Bingo EBCAP Picnic @ Colt State Park 11:30 - 2:00pm</p>	<p>15 9:30am-11am - Cribbage 10-11:15am - Yoga Mat Class</p>
<p>18 9:15-10:15am - Meditation 10:30am - Coffee/Conversation by Advisory Board 12:45-3:30pm - Mah Jongg 1:00-3:00pm - Memoir Writing</p>	<p>19 9:15-10am - Cardio Class 10:15-11am - Cardio Class 12:30-3:30pm - Benefit Rep 12:45-3:30pm - Hand & Foot 12:30-1:30pm - Line Dancing</p>	<p>20 9:15-10:15 - Chair Yoga 10-11am - Blood Pressure 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta</p>	<p>21 9:15-10am - Cardio Class 9:45am - Smart Driving Class 10:15-11am - Cardio Class 12:10pm - Chair Yoga at YMCA 1:00pm - Shopping at Shaw's 1:00pm - 3:30pm - Bingo</p>	<p>22 9:30am-11am - Cribbage 10-11:15am - Yoga Mat Class</p>
<p>25 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg</p>	<p>26 9:15-10am - Cardio Class 10:15-11am - Cardio Class 12:30-3:30pm - Benefit Rep 12:45-3:30pm - Hand & Foot 12:30-1:30pm - Line Dancing</p>	<p>27 9:15-10:15 - Chair Yoga 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta 1:15pm - Paint Party</p>	<p>28 9:15-10am - Cardio Class 10:15-11am - Cardio Class 10:30-11:30am - Blood Pressure 12:10pm - Chair Yoga at YMCA 1:00pm - Shopping at Shaw's 1:00pm - 3:30pm - Bingo</p>	<p>29 9:30am-11am - Cribbage 10-11:15am - Yoga Mat Class</p>