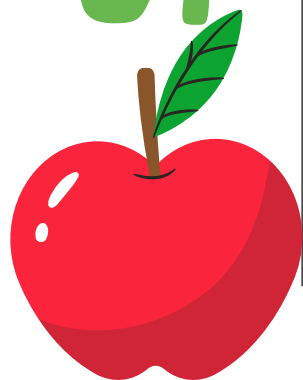


SEPTEMBER

Senior Wellness Challenge Calendar Ages 65+



2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1 YMCA CLOSED Annual Facility Cleaning	2 YMCA CLOSED Annual Facility Cleaning	3 YMCA CLOSED Annual Facility Cleaning	4 YMCA CLOSED Annual Facility Cleaning	5 YMCA CLOSED Annual Facility Cleaning
6 YMCA CLOSED Annual Facility Cleaning	7 YMCA CLOSED Annual Facility Cleaning	8 YMCA CLOSED Annual Facility Cleaning	9 YMCA REOPENS at 5:30 am!	10 Welcoming Week! Welcome Back Celebration! Games and Fun! 12:30-1:30 pm Community Room	11 Welcoming Week! Meet Your Neighbor Coffee & Croissants 8:00-9:00 am Community Room	12
13 Grandparents Day	14	15 Welcoming Week! Cultural Potluck Lunch (Dishes from Around the World) 12:30- 2:00 pm Community Room	16	17 Welcoming Week! Bring a Friend for Free Day- Sample a Class! (Must be a new guest or 2+ years expired) 12:30-1:30 pm Community Room	18	19
20	21	22 Oasis Senior Advisors Panel Returns! 12:30-1:30 pm Community Room	23	24 Arthritis Foundation Presentation 12:30-1:30 pm Community Room	25 "Better Sleep, Better Health" with Dr. Andrew 1:00-2:00 pm Community Room	26
27	28	29 Netflix Comedy Show- Jim Gaffigan 12:30-1:30 pm Community Room	30			

BYOL=Bring Your Own Lunch

*Online Registration Required

September Prize: AEEZO 10.0" Digital Picture Frame