

September



	Mon	Tue	Wed	Thu	Fri	
1		<p>3 9:00 Crochet 10:00 Phase 10, Tai Chi, Pickleball 3-4:55</p>	<p>4 9:00 BOOM Move 10:00 Bible Study , Sewing 10:30 Pickleball 1:00 ROOK , Quilting & More</p>	<p>5 10:00 Chair 11:30 Ping Pong 1:00 Carolina Girls Linedance Bridge 1-4 Pickleball 3-4:55</p>	<p>6 9:00 BOOM Pickleball 10:30—12:30 2:00 —4:30</p>	
8	<p>9 9:00 BOOM Muscle 10:00 Pop up Class 10:30 —12:30 Pickleball</p>	<p>10 9:00 Crochet 10:00 Phase 10, Tai Chi, Pickleball 3-4:55</p>	<p>11 9:00 BOOM Move 10am Bible Study , Sewing 10:30 Pickleball 1:00 ROOK / Quilting & More</p>	<p>12 NO Chair Class 11:30 Ping Pong 1:00 Carolina Girls Linedance Bridge 1-4 Pickleball 3-4:55</p>	<p>13 Pickleball 10:30—12:30 2:00 —4:30</p>	<p>14</p>
15	<p>16 9:00 BOOM Muscle 10:30—12:30 Pickleball</p>	<p>17 9:00 Crochet 10:00 Phase 10, Tai Chi, Workshop: The Importance of a Daily Routine Pickleball 3-4:55</p>	<p>18 9:00 BOOM Move 10:00 Bible Study, Sewing 10:30 Pickleball 1:00 ROOK / Quilting & More</p>	<p>19 10am Chair class 11:30 Ping Pong 1:00 Carolina Girls Linedance 1:00 BINGO \$ Bridge 1-4 Pickleball 3-4:55</p>	<p>20 10:00 Senior Citizen Club Meeting @ Lake Pickleball 10:30—12:30 2:00 —4:30</p>	<p>21</p>
22	 <p>23 9:00 BOOM Muscle 10:30—12:30 Pickleball</p>	<p>24 9:00 Crochet 10:00 Phase 10, Tai Chi Pickleball 3-4:55</p>	<p>25 9:00 BOOM Move 10:00 Bible Study , Sewing 10:30 Pickleball 1:00 ROOK/ Quilting & More 11:00 Produce Give away</p>	<p>26 10:00 Chair class 11:30 Ping Pong 1:00 Carolina Girl Bridge 1-4 Pickleball 3-4:55 Patio Party 6-8</p>	<p>27 Pickleball 10:30—12:30 2:00 —4:30</p>	<p>28</p>
29	<p>30 9:00 BOOM Muscle 10:30—12:30 Pickleball</p>		<p>RCARE /Reidsville Senior Center 336-349-1088 8:30 am -5:00pm Monday—Friday</p>		<p>Please remember to swipe your card and choose every activity you will be participating in while you are here. Thank you!</p>	
	<p>Free Legal Aid</p> 	<p>1-877-579-7562 for Appointment</p>	 <p>NC DEPARTMENT OF INSURANCE SENIORS' HEALTH INSURANCE INFORMATION PROGRAM</p>		<p>2024</p>	