

### Announcements

### Music Therapy Days

September 5th at 9:00a  
September 19th at 9:00a

### Coffee Talk In-Person

September 13th at 10:00a  
September 27th at 10:00a

### Events

October 14th – Sardella’s  
Pizza night on 83rd Ave and  
Lake Pleasant Parkway from  
3:00- 5:00pm

October 31<sup>st</sup>—Thursday,  
October 31<sup>st</sup> is Halloween!  
Have a happy Halloween  
everyone!

### Birthday’s

- Bill C.—10/6
- Bob G.—10/8
- David T.—10/13

	Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 9-9:50 PWR! Circuit 10-10:50 PWR! Moves 11-11:50 PWR! One	<b>2</b> 9:00-9:50 Dance (virtual) 1:00 -2:00 Speaking Group (virtual)	<b>3</b> <b>9-9:50 Music            Therapy</b> 10-10:50 PWR! Moves 11-11:50 PWR! One	<b>4</b> 10:00-10:50 Coffee <b>Talk-Zoom</b>
	<b>7</b> 10:00-11:00 Care Partners Support Group  3:30-4:30 Music Therapy (virtual)	<b>8</b> 9-9:50 PWR! Circuit 10-10:50 PWR! Moves 11-11:50 PWR! One	<b>9</b> 1:00 -2:00 Speaking Group (virtual)	<b>10</b> 9-9:50 PWR! Circuit 10-10:50 PWR! Moves 11-11:50 PWR! One	<b>11</b> 10:00-10:50 Coffee <b>Talk in-Person</b>
	<b>14</b> 10:00-11:00 Care Partners support group  3:30-4:30 Music Therapy (virtual)  1:30-2:30 Women’s Group (virtual) <b>Pizza Night 3-5p</b>	<b>15</b> 9-9:50 PWR! Circuit 10-10:50 PWR! Moves 11-11:50 PWR! One	<b>16</b> 1:00 -2:00 Speaking Group (virtual)	<b>17</b> <b>9-9:50 Music            Therapy</b> 10-10:50 PWR! Moves 11-11:50 PWR! One	<b>18</b> 10:00-10:50 Coffee <b>Talk- Zoom</b>
	<b>21</b> 10:00-11:00 Care Partners Support Group  3:30-4:30 Music Therapy (virtual)	<b>22</b> 9-9:50 PWR! Circuit 10-10:50 PWR! Moves 11-11:50 PWR! One	<b>23</b> 9:00-9:50 Dance (virtual) 1:00 -2:00 Speaking Group (virtual)	<b>24</b> 9-9:50 PWR! Circuit 10-10:50 PWR! Moves 11-11:50 PWR! One	<b>25</b> 10:00-10:50 Coffee <b>Talk in-Person</b>
	<b>28</b> 10:00-11:00 Care Partners Support Group  3:30-4:30 Music Therapy Virtual  1:30-2:30 Women’s Group (virtual)	<b>29</b> 9-9:50 PWR! Circuit 10-10:50 PWR! Moves 11-11:50 PWR! One	<b>30</b> 1:00 -2:00 Speaking Group (virtual)	<b>31</b> 9-9:50 PWR! Circuit 10-10:50 PWR! Moves 11-11:50 PWR! One	<i>UPCOMING MONTH</i>