

New Beginnings Club Sarnia  
Schedule for September

260 Indian Rd. S. Eastland Plaza

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Social Coffee Time <b>10:15 Tai Chi with Susan</b> 11:00 Group Activities (see below) 12:00 Lunch (\$5.00) 1:00 Life is Movement <b>1:00 Pathways Pool</b> 2:00 Group Activities	9:00 Social Coffee Time 10:00 Fitness & Mobility 11:00 Group Activities (see below) 11:00 Communication Group 12:00 Lunch (\$5.00) 1:00 Life is Movement 2:00 Group Activities	9:00 Social Coffee Time 10:00 Let's Keep it Moving 11:00 Group Activities (see below) 12:00 Lunch (\$5.00) 1:00 Life Is Movement 2:00 Group Activities	9:00 Social Coffee Time 10:00 Fitness & Mobility 11:00 Group Activities (see below) 11:00 Commun. Group 12:00 Lunch (\$5.00) <b>1:00 Centennial Park Walk</b> 1:00 Life is Movement 2:00 Group Activities	9:00 Social Coffee Time 10:00 Fitness & Mobility 11:00 Fit Minds 12:00 Lunch (\$5.00) 1:00 Euchre Tournament

Monday	Tuesday	Wednesday	Thursday	Friday	6	7
1 <b>CLOSED FOR LABOUR DAY</b>	11:00 Fall Boxes Craft 2:00 Wordle	11:00 Name that 60's Tune 2:00 Pool Noodle Toss	11:00 Who Wants to Be a Millionaire 2:00 Balloon Targets	Fit Minds (Karah)	6	7
8 11:00 Chicken Soup for the Soul 1:15 Supper's Ready	11:00 Fall Boxes Craft 2:00 Mini Golf <b>9:30-11:30 Hair Cuts</b>	11:00 Name That Tune 70's 2:00 Frisbee	11:00 Art with Penny 2:00 Target Toss	Fit Minds (Lehrend)	13	14
15 11:00 Chicken Soup for the Soul 1:15 Supper's Ready	11:00 Fall Boxes Craft 2:00 Bottle Flip Game	11:00 Name that Tune 80's 2:00 Telestrations	11:00 Art with Penny 2:00 Pac Man Dice Game	Fit Minds (Karah)	20	21
22 11:00 Chicken Soup for the Soul 1:15 Supper's Ready	11:00 Fall Boxes Craft 2:00 Balloon Badminton	11:00 Name that Tune Oldies 2:00 E-Curling	11:00 Art with Penny 2:00 Chair Volleyball	Fit Minds (Lehrend)	27	28

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30

11:00 Chicken  
Soup for the Sou  
1:15 Supper's  
Ready