




















# September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Silvermaple Physical Therapist Ketaki is now available to book in our fitness center for your Physical Therapy needs!</p>	<p>Keep an eye out on your lobby boards each Tuesday/Thursday to see what the community bingo numbers are! Good Luck!</p> 	<p><b>1</b> 9:30/11:30 - Grocery 10:00 - Water Aerobics</p> 	<p><b>2</b> 9:30 - Grocery 10:30 - Water Aerobics</p>	<p><b>3</b> 9:00 - Water Aerobics</p> 	<p><b>4</b> 9:00 - Water Aerobics</p>	<p><b>5</b></p> 
<p><b>6</b></p>	<p><b>7</b> 9:00 - Water Aerobics 10:30 - HSV Hobbies</p>	<p><b>8</b> 9:30/11:30 - Grocery 10:00 - Water Aerobics</p> 	<p><b>9</b> 9:30 - Grocery 10:30 - Water Aerobics 7:30 pm - Movie Night on The Courtyard</p> 	<p><b>10</b> 9:00 - Water Aerobics</p> 	<p><b>11</b> 9:00 - Water Aerobics</p>	<p><b>12</b></p>
<p><b>13</b></p>	<p><b>14</b> 9:00 - Water Aerobics 10:30 - HSV Hobbies 2:00 - Gentle Chair Yoga</p> 	<p><b>15</b> 9:30/11:30 - Grocery 10:00 - Water Aerobics</p> 	<p><b>16</b> 9:30 - Grocery 10:30 - Water Aerobics 5:30 pm - JADE Band concert on the Courtyard</p> 	<p><b>17</b> 9:00 - Water Aerobics</p> 	<p><b>18</b> 9:00 - Water Aerobics</p>	<p><b>19</b></p>
	<p><b>21</b> 9:00 - Water Aerobics 10:30 - HSV Hobbies</p>	<p><b>22</b> 9:30/11:30 - Grocery 10:00 - Water Aerobics</p> 	<p><b>23</b> 9:30 - Grocery 10:30 - Water Aerobics 1:00 - Party on The Courtyard with The Hearthstone Resident's Association</p> 	<p><b>24</b> 9:00 - Water Aerobics</p> 	<p><b>25</b> 9:00 - Water Aerobics 9:00 - Price Chopper Flu Shot Clinic</p> 	<p><b>26</b></p>
<p><b>27</b></p>	<p><b>28</b> 9:00 - Water Aerobics 10:30 - HSV Hobbies 2:00 - Gentle Chair Yoga</p> 	<p><b>29</b> 9:30/11:30 - Grocery 10:00 - Water Aerobics</p> 	<p><b>30</b> 9:30 - Grocery 10:30 - Water Aerobics</p>	<p>Contact our office to schedule transportation for your medical appointments Mondays and Fridays!</p> 	<p>unitedgroup</p> 