

Casselman House September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Fitness Studio 11-12noon	2	3	4 Exercise 9:30-10:30 Fitness Studio 10:30-11:30 Bread Delivery 10-11:00am
5	6  Labor Day Management Office Closed	7 American Culture 10:00am Community Room	8 Fitness Studio 11-12noon	9 Rosh Hashanah 	10 Library 3-4pm 	11 Exercise 9:30-10:30 Fitness Studio 10:30-11:30 Bread Delivery 10-11:00am
12	13 Fitness Studio 1:30-3:30	14 American Culture 10:00am Community Room	15 No Fitness Studio Blood Pressure Clinic 1:45pm 	16	17	18 No Exercise or Fitness Studio Yom Kippur  No Bread Delivery
19	20 Breakfast Club 9:00-11:00am  No Fitness Studio	21 American Culture 10:00am Community Room	22 No Fitness Studio Food for Thought 12:30 	23	24 Library 3-4pm 	25 Exercise 9:30-10:30 Fitness Studio 10:30-11:30 Bread Delivery 10-11:00am
26	27 Fitness Studio 1:30-3:30	28 American Culture 10:00am Community Room	29 Fitness Studio 11-12noon Coffee Hour/ Birthday Party 2:00pm 	30  Conversation Group with Joanne 10:00am	Casselman 617-964-8647 NCDF Emergency 617-244-4035 and press the number 1	Shoppers Service 617-796-1288 Joanne 617-964-8653 X1 Springwell 617-926-4100