



# September

| SUNDAY | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY                      | SATURDAY  |
|--------|--|---|--|---|-----------------------------|---|
|        |  |   |  |   | <u>Social/Wellbeing 1pm</u> |   |
|        |  |   |  |   | 1                           | 2   |
|        | <b>LABOR DAY!</b>  | <u>Life Skills 2pm</u><br><u>Current Events 3pm</u> | <u>Chronic Pain 2pm</u>  | <u>Walk &amp; Talk 5:25pm</u><br><u>Life Skills 6pm</u> | <u>Social/Wellbeing 1pm</u> |   |
| 3      | 4  | 5   | 6  | 7   | 8                           | 9   |
|        | <u>Yoga 10:30am</u><br><u>Sketch Book Club 1pm</u><br><u>Application Help 2pm</u>                        | <u>Life Skills 2pm</u><br><u>Current Events 3pm</u> | <u>Chronic Pain 2pm</u><br><u>Health Call 5:30pm</u><br><u>Connect The Dots 6:30pm</u> | <u>Walk &amp; Talk 5:25pm</u><br><u>Life Skills 6pm</u> | <u>Social/Wellbeing 1pm</u> |   |
| 10     | 11   | 12  | 13   | 14  | 15                          | 16  |
|        | <u>Yoga 10:30am</u><br><u>Sketch Book Club 1pm</u><br><u>Application Help 2pm</u><br>AITM - Painting 6pm | <u>Life Skills 2pm</u><br><u>Current Events 3pm</u> | <u>Chronic Pain 2pm</u>  | <u>Walk &amp; Talk 5:25pm</u><br><u>Life Skills 6pm</u> | <u>Social/Wellbeing 1pm</u> | <u>Express Yourself 12pm</u><br><u>Galloway Library</u> |
| 17     | 18   | 19  | 20   | 21  | 22                          | 23  |
|        | <u>Yoga 10:30am</u><br><u>Sketch Book Club 1pm</u><br><u>Application Help 2pm</u><br>AITM - Drawing 6pm  | <u>Life Skills 2pm</u><br><u>Current Events 3pm</u> | <u>Chronic Pain 2pm</u><br><u>Health Call 5:30pm</u>                                   | <u>Walk &amp; Talk 5:25pm</u><br><u>Life Skills 6pm</u> | <u>Social/Wellbeing 1pm</u> |   |
| 24     | 25   | 26  | 27   | 28  | 29                          | 30  |

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