

# Woodlands September Lifestyle Calendar

SUN	MON	TUE	WED	THUR	FRI	SAT	
<p>All listed events and activities take place at "The Lodge" unless otherwise noted.</p>				<p>Mah Jong 1pm<sup>1</sup></p> <p>Sewing &amp; Quilting Meet &amp; Greet 4pm</p> <p>Happy Hour at the Lodge 5pm</p> <p>Margaritaville Party Live Music 5pm</p>	<p><sup>2</sup></p>	<p><sup>3</sup></p> <p><b>*Aqua Dance with Natasha 10am</b></p>	
	<p><sup>4</sup></p> <p>Villages of Urbana bike ride 9am</p> <p><b>*Aqua Dance with Natasha 10am</b></p> <p>Bridge 6pm</p>	<p><sup>5</sup></p> <p><b>Family Potluck 12pm</b></p> <p><b>Hand &amp; Foot Cards 7pm</b></p>	<p><sup>6</sup></p> <p><b>*Gentle Yoga 10am</b></p> <p>Scrabble 1pm</p> <p>Line Dancing 5pm</p>	<p><sup>7</sup></p> <p><b>Knitting &amp; Crochet 1 pm</b></p> <p>Cribbage 5pm</p> <p><b>Mah Jongg Class 7pm</b></p>	<p><sup>8</sup></p> <p>Mah Jong 1pm</p> <p>Happy Hour at the Lodge 5pm</p>	<p><sup>9</sup></p> <p><b>*Intro Yoga Outside Gathering Green 10:30am</b></p> <p>Solo Squad 7pm</p>	<p><sup>10</sup></p> <p><b>*Aqua Dance with Natasha 10am</b></p>
	<p><sup>11</sup></p> <p><b>*Aqua Dance with Natasha 10am</b></p> <p>Sunday Funday 1pm</p> <p>Bridge 6pm</p> <p>Mah Jongg Class 7pm</p>	<p><sup>12</sup></p> <p><b>*Chair Yoga 10am</b></p>	<p><sup>13</sup></p> <p><b>*Gentle Yoga 10 am</b></p> <p>Scrabble 1pm</p> <p>Line Dancing 5pm</p>	<p><sup>14</sup></p> <p>Fall Flower Workshop 10am</p> <p>Mobility Workshop 2pm</p> <p>Knitting &amp; Crochet 6:30pm</p> <p><b>*Strong &amp; Balanced 5pm</b></p> <p><b>*Flow Yoga 6pm</b></p> <p>Mah Jongg Class 7pm</p>	<p><sup>15</sup></p> <p><b>*Gentle Yoga 10am</b></p> <p>Mah Jong 1pm</p> <p>Happy Hour at the Lodge 5pm</p>	<p><sup>16</sup></p> <p><b>Coffee Club 9:30am</b></p>	<p><sup>17</sup></p> <p><b>Strength &amp; Stretch 10am</b></p> <p>Progressive Dinner 5p-10p</p>
	<p><sup>18</sup></p> <p><b>*Strength &amp; Stretch 10am</b></p> <p>Sunday Funday 1pm</p> <p>Bridge 6pm</p> <p>Mah Jongg Class 7pm</p>	<p><sup>19</sup></p> <p><b>*Chair Yoga 10am</b></p> <p><b>Hand &amp; Foot Cards 7pm</b></p>	<p><sup>20</sup></p> <p><b>*Gentle Yoga 10 am</b></p> <p>Scrabble 1pm</p> <p>Line Dancing 5pm</p> <p>Board Game Night 7pm</p>	<p><sup>21</sup></p> <p>Nutrition Webinar 1pm</p> <p>Knitting &amp; Crochet 3pm</p> <p>Cribbage 5pm</p> <p>Donation Drive starts</p> <p><b>*Strong &amp; Balanced 5pm</b></p> <p><b>*Flow Yoga 6pm</b></p>	<p><sup>22</sup></p> <p><b>*Gentle Yoga 10am</b></p> <p>Mah Jong 1pm</p> <p>Happy Hour 5pm</p> <p>Food Trucks 5pm</p> <p>Donation Drive cont.</p>	<p><sup>23</sup></p> <p><b>Book Club 1pm</b></p> <p><b>Donation Drive continued</b></p>	<p><sup>24</sup></p> <p><b>*Strength &amp; Stretch 10am</b></p>
	<p><sup>25</sup></p> <p>Donation Drive Pick Up 9am</p> <p><b>*Strength &amp; Stretch 10am</b></p> <p>Sunday Fun Day 1pm</p> <p>Bridge 6pm</p>	<p><sup>26</sup></p> <p><b>*Chair Yoga 10am</b></p> <p><b>Movie Club 7pm</b></p>	<p><sup>27</sup></p> <p><b>*Gentle Yoga 10 am</b></p>	<p><sup>28</sup></p> <p>Healthy Brain &amp; Body Presentation 3pm</p> <p><b>*Strong &amp; Balanced 5pm</b></p> <p><b>*Flow Yoga 6pm</b></p>	<p><sup>29</sup></p> <p><b>*Gentle Yoga 10am</b></p> <p>Mah Jong 1pm</p> <p>Happy Hour at the Lodge 5pm</p>	<p><sup>30</sup></p>	<p><b>*Fitness classes are fee-based. Registration is required.</b></p>