





Mon	Tue	Wed	Thu	Fri
<p>PLEASE NOTE NEW LOCATION FOR EXERCISE CLASSES!</p>	<p>1 Adult Coloring Activity Arthritis Foundation* Exercise 10am-11am</p>	<p>2 Chair Exercises ZUMBA with Celeste* 10:00-10:45</p>	<p>3 Word Search Arthritis Foundation* Exercise 10am-11am</p>	<p>4 Jumpstart the Mind Journal Activity: What do you most admire about your Best Friend?</p>
<p>7 HOLIDAY CCCOA CLOSED</p>	<p>8 Craft: No Sew Sock Mask Arthritis Foundation* Exercise 10am-11am</p>	<p>9 Chair Exercises ZUMBA with Celeste* 10:00-10:45</p>	<p>10 Sudoku Puzzle Arthritis Foundation* Exercise 10am-11am</p>	<p>11 Today in History Keep it Moving! - see packet for suggested activity</p>
<p>14 Virtual Bingo 10:00-11:00 </p>	<p>15 Word Search Puzzle Arthritis Foundation* Exercise 10am-11am</p>	<p>16 Chair Exercises ZUMBA with Celeste* 10:00-10:45</p>	<p>17 Crossword Puzzle Arthritis Foundation* Exercise 10am-11am</p>	<p>18 Adult Coloring Activity Keep it Moving! - see packet for suggested activity</p>
<p>21 Virtual Bingo 10:00-11:00 </p>	<p>22 First Day Of Fall: Fall Prevention Info! Arthritis Foundation* Exercise 10am-11am</p>	<p>23 Chair Exercises ZUMBA with Celeste* 10:00-10:45</p>	<p>24 Who Am I? Arthritis Foundation* Exercise 10am-11am</p>	<p>25 Virtual Talent Show!! *Sign up with Jill by September 18 to showcase your talent!</p>
<p>28 Virtual Bingo 10:00-11:00 </p>	<p>29 Craft: Water Bottle Flower Arthritis Foundation* Exercise 10am</p>	<p>30 Chair Exercises ZUMBA with Celeste* 10:00-10:45</p>		

**Calhoun County
Council on Aging
803-874-1270**

**If needing assistance,
please call our office to
set up an appointment.
Staff members are at the
office from 8:00am to
4:00pm, Monday through
Friday.**

**Arthritis Foundations
and Zumba Fitness Clas-
ses will be held at the
CCCOA Building.**

**Classes will be limited to
EIGHT people. If you
plan to attend you MUST
call the office the day
prior to the class to get
on the list for entry.
Once we met capacity
you will be added to the
next class date.**

**Weekly activity booklets
will be provided to cli-
ents to include activity
sheets, nutrition info,
and more until meal site
transportation is running
again.**

**Activity Booklets are the
activities listed on the
monthly calendar.**
