

Lunch Plus 884-3166

**SILVERMONT**

Transportation 884-3203

 <b>September 2025</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Closed Happy Labor Day	Bingo 	Exercise with Brenda 	<b>Presentation:</b> Vaya Health "Navigating Depression"	Chair Yoga 	
7	8	9	10	11	12	13
	Exercise 	Bingo 	Puzzles 	Hang-Man 	<b>Presentation:</b> DHHS "Services for the Blind"	
14	15	16	17	18	19	20
	Crafts 	Bingo 	<b>Presentation:</b> AARP "movement"	<b>Silvermont Closed, No van service</b>	<b>Stride For Health</b>	
21	22	23	24	25	26	27
	Exercise 	Bingo 	<b>Presentation:</b> DSS "Dementia"	Dulcimers 	<b>Presentation:</b> J. Francis Ins. "Medicare"	
28	29	30				
	Crafts 	<b>Presentation:</b> Devoted Medicare101				