

55 NORTH Virtual / In-Person Calendar

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BLUE= In-Person IMC-Indian Mound Café HPL-Hyde Park Library CCCT-Carnegie Center Columbia Tusculum	PLEASE NOTE THAT THE SEPTEMBER 14TH CELEBRATION HAS BEEN CANCELLED	1 9:30 Daily Calm 11:00 Word Trackers	2 9:30 Daily Calm 10:00 Restorative Chair Yoga 11:00 Tai Chi Flow 1:00 Euchre: IMC	3 9:00 Mindful Tools: <i>Gratitude</i> 9:30 Daily Calm 9:30 Cardio Strength 10:00 Everyday Philosophy 1:30 Movie Fridays: <i>Love Jones</i>	4 8:30 Chair Aerobics 10:00 Tai Chi Flow Plus
5	6 Labor Day	7 9:30 Daily Calm 10:00 Better Balance, Safer You L2, CCCT 12:00 The Crown S2 Marathon 1:00 Art of the Needle HPL	8 9:30 Daily Calm 1:30 Andrew Tinkham: Tree Trimming & Utility Lines Reservations for Bronte Bistro	9 9:30 Daily Calm 10:00 Restorative Chair Yoga 10:00 Better Balance, Safer You, L1 11:00 Tai Chi Flow 1:00 Euchre: IMC	10 9:30 Daily Calm 9:30 Cardio Strength 1:30 Movie Fridays: The Butler 5:30 Bronte Bistro 7:00 Ron Purdon's Sextet	11 8:30 Chair Aerobics 10:00 Tai Chi Flow Plus
12	13 9:30 Daily Calm 9:30 Cardio Strength 11:30 Chair Yoga/ Meditation 1:30 Movie Mondays: I Am Sam	14 9:30 Daily Calm 9:30 The Siege of Cincinnati: The Seasons 10:00 Better Balance, Safer You L2 CCCT 1:00 Art of the Needle HPL 1:30 The Crown S3-E1	15 9:30 Daily Calm	16 9:30 Daily Calm 10:00 Restorative Chair Yoga 10:00 Better Balance, Safer You L1 11:00 Tai Chi Flow 1:00 Euchre: IMC 1:30 Pro Seniors: Ohio Senior Medicare Patrol	17 9:30 Daily Calm 9:30 Cardio Strength 1:30 Movie Fridays: The Boy Who Harnessed the Wind	18 8:30 Chair Aerobics 10:00 Tai Chi Flow Plus
19	20 9:30 Daily Calm 9:30 Cardio Strength 10:30 Diane Shields: Taj Mahal 11:30 Chair Yoga/ Meditation 1:30 Movie Mondays: The Dig	21 9:30 Daily Calm 10:00 Better Balance, Safer You L2 CCCT 11:00 Line Dancing Resumes 1:00 Art of the Needle HPL 1:30 A Matter of Balance Begins: Melanie Moon 1:30 The Crown S3-E2	22 9:30 Daily Calm 1:30 Dr. Christian Gausvik: Types of Dementia	23 9:30 Daily Calm 10:00 Restorative Chair Yoga 10:00 Better Balance, Safer You, L1 11:00 Tai Chi Flow 1:00 Euchre: IMC	24 9:30 Daily Calm 9:30 Cardio Strength 1:30 Movie Fridays: Hampstead	25 8:30 Chair Aerobics 10:00 Tai Chi Flow Plus
26	27 9:30 Daily Calm 9:30 Cardio Strength 11:00 Learn Dominoes 11:30 Chair Yoga/ Meditation 12:00 Domino Divas – SRC 1:00 Tai Chi Flow + - CCCT 1:30 Movie Mondays: Effie Gray ECHO ORDERS DUE	28 9:30 Daily Calm 10:00 Better Balance, Safer You L2 CCCT 11:00 Line Dancing 1:00 Art of the Needle HPL 1:30 A Matter of Balance: Melanie Moon 1:30 The Crown S3-E3	29 9:30 Daily Calm ECHO LUNCH	30 9:30 Daily Calm 10:00 Restorative Chair Yoga 10:00 Better Balance, Safer You, L1 11:00 Tai Chi Flow 1:00 Euchre: IMC		