

City of Helena

Senior Citizens Calendar

SEPTEMBER

<u>Monday</u>	<u>Tuesday</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>
			1.	2.
5.	6.	7.	8.	9.
	9:45am Exercise Class (Silver Sneakers)			
12.	13.	14.	15.	16.
	9:45am Exercise Class (Silver Sneakers) 10:45am YOGA		10am BINGO	
19.	20.	21.	22.	23.
	9:45am Exercise Class (Silver Sneakers) 10:45am YOGA			
26.	27.	28.	29.	30.
	9:45am Exercise Class (Silver Sneakers) 10:45am YOGA		7:45am-5pm Tuscumbia Trip	

For questions, please contact Lilly Clayton at 205.620.2877

Lclayton@cityofhelena.org