

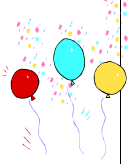


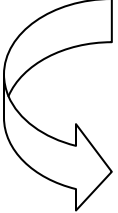









Sun	Mon	Tue	Wed	Thu	Fri	Sat
If you need any accommodations, let us know well in advance.	Scrabble is generously sponsored by the Sifton Family Foundation		All are welcome!	1	2 Exercise class At ILC 3-4:30	3
4	5 CLOSED	6	7	8 	9 Exercise class At ILC 3-4:30 	10
11	12	13 	14 Annual General Meeting 2:00-3:30 Cherryhill Library	15 Western Fair 3-5pm Free if you have a CAP card. Contact us to get it.	16 Exercise class At ILC 3-4:30	17
18	19	20	21 Scrabble 2:30-4:30 Cherryhill Library	22 Boundaries 2:00-4:00 at ILC Setting personal boundaries.	23 Exercise class At ILC 3-4:30 	24
25	26	27 Movie ILC 2-4:30pm 	28	29	30 Exercise class At ILC 3-4:30	Turn over for October 

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Turn over for September	If you need any accommodations, let us know well in advance.		All are welcome!			1
2 Registration required 	3 Adapted Cooking 1-3pm Covent Garden Market 	4	5	6	7 Exercise class At ILC 3-4:30 	8
9	10 CLOSED	11	12	13	14 Exercise class At ILC 3-4:30	15
16 Registration required 	17 Adapted Cooking 1-3pm Covent Garden Market	18 Movie at ILC 2-4:30pm 	19	20	21 Exercise class At ILC 3-4:30	22
23	24	25	26 Scrabble 2:30-4:30 Cherryhill Library	27	28 Exercise class At ILC 3-4:30 	29
30	31		Scrabble is generously sponsored by the Sifton Family Foundation			