

September 2018

Office Hours: Tuesday 9:00 – 2:00
Thursday 9:00 – 2:00



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	Piece Makers Quilting ³ 12:45pm-2:30	Osteofit ⁴ Level 1 9:00 Level 3 10:00 Level 2 11:00	5	Osteofit ⁶ Level 1 9:00 Level 3 10:00 Level 2 11:00	7	8
9	Piece Makers Quilting ¹⁰ 12:45pm-2:30 Chair Yoga 10:30 -11:30	Osteofit ¹¹ Level 1 9:00 Level 3 10:00 Level 2 11:00	Nordic Walking ¹² 9:00 -10:00 Chair Yoga 10:30 -11:30 Writer's Group 12:15 - 2:30	Osteofit ¹³ Level 1 9:00 Level 3 10:00 Level 2 11:00	14	15
16	French Conversation ¹⁷ Adv. 9:00-10:00 Int. 10:15-11:15 Beg. 11:30-12:30 Piece Makers Quilting 12:45pm-2:30 Chair Yoga 10:30 -11:30	Osteofit ¹⁸ Level 1 9:00 Level 3 10:00 Level 2 11:00	Nordic Walking ¹⁹ 9:00 -10:00 Chair Yoga 10:30 -11:30 Writer's Group 12:15 - 2:30 Open House 12:30 – 2:30	Osteofit ²⁰ Level 1 9:00 Level 3 10:00 Level 2 11:00 Geneology 1:00 - 3:00 Inter. Gardening 1:30 – 2:30	Fraser Valley Literary Festival ²¹ 6:00 – 8:00 UFV, Abbotsford, SUS building	Fraser Valley Literary Festival ²² 9:00 – 4:00 UFV Abbotsford SUS building
23	French Conversation ²⁴ Adv. 9:00-10:00 Int. 10:15-11:15 Beg. 11:30-12:30 Piece Makers Quilting 12:45pm-2:30 Chair Yoga 10:30 -11:30	Osteofit ²⁵ Level 1 9:00 Level 3 10:00 Level 2 11:00 Nordic Walking 10:00 -11:00 Book Discussion 10:00 – 11:30 Warm Fuzzy Knitting 1:00 – 2:30	Nordic Walking ²⁶ 9:00 -10:00 Declutter 10:00 – 12:00 Writer's Group 12:15 - 2:30 Chair Yoga 10:30 -11:30	Osteofit ²⁷ Level 1 9:00 Level 3 10:00 Level 2 11:00 Inter. Gardening 1:30 – 2:30 Tech Time 1:00 – 2:30	28	29
30						