



# SEPTEMBER 2024



Office Hours: M-W-F 10:00 AM - 1:00 PM

Phone: (916) 972-9722

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

|   |  |  |  |  |  |  |
|---|--|--|--|--|--|--|
| <p><b>1</b></p> <p>3-5 SUNDAY SUPPORT</p>   | <p><b>2</b></p> <p>No Bowling</p> <p><b>OFFICE CLOSED</b><br/><b>LABOR DAY</b></p> | <p><b>3</b></p> <p>10:00 Hand &amp; Foot<br/>12:30 Billiards<br/>3 :00 BOARD MEETING</p> <p><b>NL ITEMS DUE</b></p>      | <p><b>4</b></p>                                    | <p><b>5</b></p> <p>9:00 Walking Group</p> <p>1:30 Book Club</p>  | <p><b>6</b></p>  | <p><b>7</b></p> <p><b>8:00 Lido Breakfast</b></p> <p>6:00 Hand &amp; Foot</p>  |
| <p><b>8</b></p> <p>3-5 SUNDAY SUPPORT</p>   | <p><b>9</b></p> <p><b>NL Copywriter</b></p> <p>2:00 Bowling</p>                    | <p><b>10</b></p> <p><b>NL - Copywriter</b></p> <p>10:00 Hand &amp; Foot<br/>12:30 Billiards</p>                          | <p><b>11</b></p> <p><b>NL Corrections</b></p>      | <p><b>12</b></p> <p><b>NL - Revrew</b></p> <p>9:00 Walking Group<br/>1:00 Line Dancing</p> <p><b>4:00 Applebee's</b></p> | <p><b>13</b></p> <p><b>NL - Production</b><br/><b>Noon DL membership meeting</b></p>           | <p><b>14</b></p> <p>2:00 Grief Recovery Program</p> <p>6:00 Hand &amp; Foot</p>  |
| <p><b>15</b></p> <p>3-5 SUNDAY SUPPORT</p> <p><b>DT to Santa Cruz</b></p>   | <p><b>16</b></p> <p><b>NL Circulation</b></p> <p>2:00 Bowling</p>                  | <p><b>17</b></p> <p>10:00 Hand &amp; Foot<br/>12:30 Billiards</p> <p><b>DL 3rd Wed Dinner-</b><br/>Return:Santa Cruz</p> | <p><b>18</b></p> <p><b>4:00 3rd Wed Dinner</b></p> | <p><b>19</b></p> <p>9:00 Walking Group<br/>10:30 Senior Crafts<br/>2:00 Poker</p>  | <p><b>20</b></p> <p>1:00 Family Estrangement Support Group<br/>6:00 "Karaoke &amp; Komedy"</p> | <p><b>21</b></p> <p><b>11:30 Membership Luncheon</b></p> <p>2:00 Grief Recovery Program</p>  |
| <p><b>22</b></p> <p>3-5 SUNDAY SUPPORT</p> <p><b>FALL BEGINS</b></p>  | <p><b>23</b></p> <p>2:00 Bowling</p>   | <p><b>24</b></p> <p>10:00 Hand &amp; Foot<br/>12:30 Billiards</p>  | <p><b>25</b></p>                                   | <p><b>26</b></p> <p>9:00 Walking Group<br/>1:00 Line Dancing</p> <p><b>4:00 Applebee's</b></p>                           | <p><b>27</b></p>   | <p><b>28</b></p> <p>2:00 Grief Recovery Program Potluck</p> <p>6:00 Mexican Train Dominoes</p>   |
| <p><b>29</b></p> <p>3-5 SUNDAY SUPPORT</p>  | <p><b>30</b></p> <p>2:00 Bowling</p>   |  |  |  |  | <p><b>DL- Deadline for Reservations</b></p> <p><b>DT- Day of Trip/Eating Out</b></p> <p><b>NL--Newsletter</b></p> <p><b>SN -Special note</b></p> |