# SEPTEMBER

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | 1 Cultural College Art Contest Begins | 2 UF Surplus at your Service Webinar - 12:00 Nutrition Needs for Seniors Webinar - 1:00 | 3 Saturated Facts Program Begins | 4 |
| 7 Jumpstart Canceled | 8 Fall Health Update Webinar - 1:00 | 9 | 10 Shape Your Future, One Fund at a Time webinar - 12:00 | 11 |
| 14 | 15 A Path to Financial Wellness Webinar - 12:00 | 16 Beyond The Hustle WeightWatchers Webinar - 1:00 Brain Health for Every Age Webinar - 12:00 | 17 | 18 |
| 21 | 22 | 23 Must Have Legal Documents Webinar - 12:00 | 24 | 25 |
| 28 | 29 | 30 | | |

**Jumpstart**
Mondays @ 12:00

**Meditation for Beginners**
Mondays @ 4:30

**Relax**
Tuesdays @ 12:00

**Dance for Joy**
Tuesdays @ 12:00

**Zumba at Professional Park**
Tuesdays & Thursdays @ 5:30

**Build**
Wednesdays @ 12:00

**Dance for Life**
Wednesdays @ 1:00 & Thursdays @ 10:00

**Gentle Yoga for Health**
Wednesdays @ 4:15

**Unwind**
Thursdays @ 12:00

**Encore Dancers Workshop**
Thursdays @ 1:45

**Align**
Fridays @ 12:00

**Examen**
Fridays @ 2:00