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| MONDAY                                                                                                                                                                                                                                                                 | TUESDAY                                                                                                                                                                                                                                                                                                                                                                             | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                             | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | FRIDAY                                                                                                                                                                                                                                                                                                                                                                     |              |
|  <b>REMINDERS</b><br>We have several exciting events lined up- please keep an eye out for the Event Flyers for full details!                                                          |  1 American Chess Day<br>Stability Routine<br>Autumn Tree Q-Tip Painting<br> Bishop's Attic                                                                                                                       |  2 World Coconut Day<br>Back to Core Flow<br> Iditarod Head Quarters<br> DIY Coconut Body Scrub<br>Member's Choice                           |  3 National League Bowling Day<br>Total Body Conditioning<br> Holy-Moley Donut<br>Autumn Ducky Painting<br>Alaska State Fair Day                                                                                                                                                                                 |  4 National Wildlife Day<br>Ball Exercise<br>Sitka Rose Painting<br>Movie and w/ Pop-Corn Bar<br>Alaska State Fair Day                                                                                                                                                                  |              |
|  7  WE WILL BE<br><b>CLOSED</b><br>FOR<br><b>LABOR DAY</b><br>Thank you for your hard work!          |  8 Star Trek Day<br>Back to Core Flow<br>Science Tuesday: DIY Rocket<br>Ship<br>Goodwill                                                                                                                                                                                                           |  9 National Teddy Bear Day<br> Iditarod Head Quarters<br>Total Body Conditioning<br>Pompom Teddy Bear<br> Excursion and @ Gas Station Drinks |  10 National School Picture Day<br>Back to Core Flow<br>Glow Party-Prep Crafting<br> North Bowl                                                                                                                                                                                                                  |  11  National Hot Cross Bun Day<br>Low Impact full body set<br>Bingo -All Morning<br> Karaoke DANCE<br>GLOW PARTY |              |
|  14 National Coloring Day<br>Stability Routine<br>Coloring Pages<br>Bingo All Morning<br>Hispanic Heritage Celebration                                                                |  15 World Engineers Day<br>Back to Core Flow<br>Science Tuesday: Game Shooter<br> Thrifter's Rock<br> Movie's w/ PopCorn Bar |  16 National Guacamole Day<br>Total Body Conditioning<br>Scarecrow Painting<br>Turn A Leaf                                                                                                                                                                                                                         |  17 Int'l Country Music Day<br>Back to Core Flow<br> Krispy Kreme Donut & Drive<br> Country Karaoke & Decorate<br>Your own Cowboy Hats                                                                                    |  18 U.S Air Force Day<br>Ball Exercise<br>Clothespins Airplane Craft &<br>Paper Plane Competition<br>Walgreens                                                                                                                                                                          |              |
|  21 World Gratitude Day<br>Stability Routine<br>Inspirational Wall Art<br> Sportsman's Warehouse |  22 National Ice Cream Cone Day<br>Back to Core Flow<br>Fall Earrings<br>Big Dipper Ice Cream and Drive                                                                                                                                                                                          |  23 National Sign Language Day<br>Total Body Conditioning<br>DIY Maracas<br>Fred Meyer Shopping                                                                                                                                                                                                                  |  24 Bluebird of Happiness Day<br>Back to Core Flow<br>Bingo All Day<br>Bluebird Painting<br>Alaska Wild Berry<br>Anchorage All Day Trip w/ sack lunch                                                                                                                                                                                                                                             |  25 Native American Day<br>Ball Exercise<br>Halloween Door Decorating<br>Contest<br>Three Bears                                                                                                                                                                                       |              |
|  28 National Family Day<br>Stability Routine<br>Fall Bracelets<br>Walmart                                                                                                           |  29 National Coffee Day<br>Back to Core Flow<br>Coffee Painting<br> Grizzly Grounds Coffee<br>Drive Thru                                                                                                      |  30 National Chewing Gum Day<br>Total Body Conditioning<br>Bubble Gum Taste Test &<br>Bubble Contest<br>Target                                                                                                                                                                                                   |  Valley Dispatch& Activities: 907-414-1267<br> w/ : At LifeWorks Expense<br> @ : Members Expense<br> Daily Exercise and Excursions |                                                                                                                                                                                                                                                                                                                                                                            |              |

