


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 HAPPY LABOR DAY! Closed	3 7:30- 8:30 Intermediate Tai Chi-MR 8:30- 9:30 Tai Chi for Health-MR 8:30- 3:00 Tea Cup Quilters-AC 9:40-10:40 Zumba Gold-MR 10:45-11:20 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 BOSU Class-MR 1:00- 3:00 Crochet /Knit Club-DR 2:30- 4:30 Legal Aid Expunction- CR 5:15- 5:50 Tabata-MR 6:00- 6:45 Zumba-MR	4 7:00- 7:35 Tabata-MR 9:30- 1:00 Mah Jong Mavens-LM 10:00-11:00 Youthful Hearts 55+ -MR 11:00-12:00 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 1:00- 3:00 Crochet /Knit Club-DR 4:30- 5:30 Tai Chi for Health-MR 5:35- 6:35 Boot Camp w/ Ginny-MR 6:00- 7:00 Taekwondo-DR	5 7:30- 8:30 Intermediate Tai Chi-MR 8:30- 9:30 Tai Chi for Health-MR 10:20-11:20 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 11:30- 1:30 Prevent T2-CR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 BOSU Class-MR 1:00- 3:00 Crochet /Knit Club-DR 1:30- 2:45 DCC Yoga-MR 2:30- 4:30 Legal Aid SSD-CR 5:00- 6:00 Recovery Learning Circle-AC 5:15- 5:50 Tabata-MR 6:00- 6:45 Zumba-MR 6:00- 7:00 TOPS Meeting-CR	6 8:30- 9:45 DCC Yoga-MR 10:00-11:00 Youthful Hearts 55+-MR 11:00-12:00 Step with Ricki-MR 11:00- 1:00 Congregate Meal-K,DR 1:00- 3:00 Crochet /Knit Club-DR	7
8	9 7:00- 7:35 Tabata-MR 10:00-11:00 Youthful Hearts 55+ -MR 11:00- 1:00 Congregate Meal-K,DR 12:00- 1:00 Wellness that Works-LM 1:00- 2:00 Beach Club-MR 1:00- 3:00 Crochet /Knit Club-DR 4:00- 5:00 Boot Camp w/ Ginny-MR 5:15- 6:15 Yoga with Mary-MR 6:00- 7:00 Taekwondo-DR 6:00- 7:00 Ireland Trip Mtg-AC	10 7:30- 8:30 Intermediate Tai Chi-MR 8:30- 9:30 Tai Chi for Health-MR 8:30- 3:00 Tea Cup Quilters-AC 9:00-10:00 DCC Advisory Board-CR 9:40-10:40 Zumba Gold-MR 10:45-11:45 Dare to Scare Meeting-CR 10:45-11:20 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 BOSU Class-MR 1:00- 2:00 Medicare 101-CR 1:00- 3:00 Crochet /Knit Club-DR 2:30- 4:30 Legal Aid Custody- CR 5:15- 5:50 Tabata-MR 6:00- 6:45 Zumba-MR	11 7:00- 7:35 Tabata-MR 9:30- 1:00 Mah Jong Mavens-LM 10:00-11:00 Youthful Hearts 55+ -MR 11:00-12:00 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 12:15- 1:15 Step with Ricki-MR 1:00- 3:00 Crochet /Knit Club-DR 4:30- 5:30 Tai Chi for Health-MR 5:35- 6:35 Boot Camp w/ Ginny-MR 6:00- 9:00 Canvas Painting-AC 6:00- 7:00 Taekwondo-DR	12 7:30- 8:30 Intermediate Tai Chi-MR 8:30- 9:30 Tai Chi for Health-MR 9:00- until All Ages Pool Tourn.-AR 10:20-11:20 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 BOSU Class-MR 1:00- 3:00 Crochet /Knit Club-DR 1:30- 2:45 DCC Yoga-MR 2:30- 4:30 Legal Aid Employee Rights-CR 5:00- 6:00 Recovery Learning Circle-AC 5:15- 5:50 Tabata-MR 6:00- 6:45 Zumba-MR 6:00- 7:00 TOPS Meeting-CR	13 8:30- 9:45 DCC Yoga-MR 10:00-11:00 Youthful Hearts 55+-MR 11:00-12:00 Step with Ricki-MR 11:00- 1:00 Congregate Meal-K,DR 1:00- 3:00 Crochet /Knit Club-DR	14
15	16 7:00- 7:35 Tabata-MR 9:00-12:00 8 Ball League-AR 10:00-11:00 Youthful Hearts 55+ -MR 11:00-12:00 Step with Ricki-MR 11:00- 1:00 Congregate Meal-K,DR 12:00- 1:00 Wellness that Works-LM 12:30- 3:00 GEM Harmony Café-MR,AC 1:00- 3:00 Crochet /Knit Club-DR 4:00- 5:00 Boot Camp w/ Ginny-MR 5:15- 6:15 Yoga with Mary-MR 6:00- 7:00 Taekwondo-DR	17 7:30- 8:30 Intermediate Tai Chi-MR 8:30- 9:30 Tai Chi for Health-MR 8:30- 3:00 Tea Cup Quilters-AC 9:40-10:40 Zumba Gold-MR 10:45-11:20 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 BOSU Class-MR 1:00- 3:00 Crochet /Knit Club-DR 5:15- 5:50 Tabata-MR 6:00- 6:45 Zumba-MR	18 7:00- 7:35 Tabata-MR 9:30- 1:00 Mah Jong Mavens-LM 10:00-11:00 Youthful Hearts 55+ -MR 11:00-12:00 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 1:00- 3:00 Crochet /Knit Club-DR 4:30- 5:30 Tai Chi for Health-MR 5:35- 6:35 Boot Camp w/ Ginny-MR 6:00- 7:00 Taekwondo-DR	19 7:30- 8:30 Intermediate Tai Chi-MR 8:30- 9:30 Tai Chi for Health-MR 10:20-11:20 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 BOSU Class-MR 1:00- 3:00 Crochet /Knit Club-DR 1:30- 2:45 DCC Yoga-MR 2:30- 4:30 Legal Aid Divorce-CR 5:00- 6:00 Recovery Learning Circle-AC 5:15- 5:50 Tabata-MR 6:00- 6:45 Zumba-MR 6:00- 7:00 TOPS Meeting-CR	20 8:30- 9:45 DCC Yoga-MR 10:00-11:00 Youthful Hearts 55+-MR 11:00- 1:00 Congregate Meal-K,DR 1:00- 3:00 Crochet /Knit Club-DR	21 Busch Gardens Howl-O-Scream Trip
22	23 7:00- 7:35 Tabata-MR 9:00-12:00 8 Ball League-AR 10:00-11:00 Youthful Hearts 55+ -MR 11:00- 1:00 Congregate Meal-K,DR 12:00- 1:00 Wellness that Works-LM 1:00- 2:00 Beach Club-MR 1:00- 3:00 Crochet /Knit Club-DR 4:00- 5:00 Boot Camp w/ Ginny-MR 5:15- 6:15 Yoga with Mary-MR 6:00- 7:00 Taekwondo-DR	24 7:30- 8:30 Intermediate Tai Chi-MR 8:30- 9:30 Tai Chi for Health-MR 8:30- 3:00 Tea Cup Quilters-AC 9:40-10:40 Zumba Gold-MR 10:45-11:20 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 BOSU Class-MR 12:00- 5:00 Blood Connection Blood Drive 12:30- 2:00 Beach Bingo-DR 1:00- 3:00 Crochet /Knit Club-DR 5:15- 5:50 Tabata-MR 6:00- 6:45 Zumba-MR	25 7:00- 7:35 Tabata-MR 9:30- 1:00 Mah Jong Mavens-CR 10:00-11:00 Youthful Hearts 55+ -MR 11:00-12:00 Tabata Silver-MR 10:00-12:00 "Spider Man"-LM 11:00- 1:00 Congregate Meal-K,DR 12:15- 1:15 Step with Ricki-MR 12:30- 4:30 Pop In 1:00- 3:00 Crochet /Knit Club-DR 4:30- 5:30 Tai Chi for Health-MR 5:35- 6:35 Boot Camp w/ Ginny-MR 6:00- 7:00 Taekwondo-DR	26 7:30- 8:30 Intermediate Tai Chi-MR 8:30- 9:30 Tai Chi for Health-MR 10:20-11:20 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 BOSU Class-MR 1:00- 3:00 Crochet /Knit Club-DR 1:30- 2:45 DCC Yoga-MR 2:30- 4:30 Legal Aid Tenant Rights-CR 5:00- 6:00 Recovery Learning Circle-AC 5:00- 6:00 R.I. Supper Club-DR,K 5:15- 5:50 Tabata-MR 5:30- 7:00 Book Club-LM 6:00- 6:45 Zumba-MR 6:00- 7:00 TOPS Meeting-CR	27 7:30- until Glass Blowing Trip 8:30- 9:45 DCC Yoga-MR 10:00-11:00 Youthful Hearts 55+-MR 11:00-12:00 Step with Ricki-MR 11:00- 1:00 Congregate Meal-K,DR 1:00- 3:00 Crochet /Knit Club-DR	28
29	30 7:00- 7:35 Tabata-MR 9:00-12:00 8 Ball League-AR 10:00-11:00 Youthful Hearts 55+ -MR 11:00- 1:00 Congregate Meal-K,DR 12:00- 1:00 Wellness that Works-LM 1:00- 2:00 Beach Club-MR 1:00- 3:00 Crochet /Knit Club-DR 4:00- 5:00 Boot Camp w/ Ginny-MR 5:15- 6:15 Yoga with Mary-MR 6:00- 7:00 Taekwondo-DR		 Dare County Center 950 Marshall C. Collins Dr Manteo, NC 27954 (252) 475-9270	September 2019	**Youth: 3-17 **Adults: 18-54 **Older Adults: 55+ Activity Room-AR Multi-Purpose Room-MR Kitchen-K Dining Room-DR Arts & Crafts Room-AC Fitness Room-FR Classrooms-CR1 Conference Room-CR2	