

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|---|---|---|---|----------|
| 1 | 2 Happy Labor Day! (HVVMG IS CLOSED) | 3 10:00am Boomers Insurance Present Care First Health Plan 10:00am Game Day with Kelly | 4 10:00am Chair Exercise 11:00am Bereavement Support Group 2:00pm Karaoke with Carolyn | 5 9:00am Senior Forum Greiner Buick 2:00pm Diabetes Workshop 2:00pm Card Club | 6 9:00am-11:00am Koffee Klub 4:00-8:00 Harvest Moon Dance At the Hilton in Victorville (RSVP required) | 7 |
| 8 | 9 9:00am-11:00am Monday Morning Koffee Klub 10:00am Easy Aerobics 11:00am Arthritis Support Group With Community Hospice Of Victor Valley | 10 11:00am Alzheimer's Support Group With Valley Crest 2:00pm Chronic Illness Support Group 2:00pm Crochet Circle | 11 10:00am Chair Exercise 11:00am 2:00pm Craft Class | 12 10:00am Scan Medicare Presentation 10:00am Computer Basics Class with Eric 11:00am Caregiver's Support Group With VNA 2:00pm Scrapbooking Class | 13 9:00am-11:00am Friday Morning Koffee Klub 2:00pm Documentary Matinee "Age Of Champions" | 14 |
| 15 | 16 9:00am-11:00am Monday Morning Koffee Klub 10:00am Easy Aerobics | 17 11:00am Respiratory Support Group With Gentiva Hospice 2:00pm Crochet Circle | 18 10:00am Chair Exercise 11:00am Bereavement Support Group with Donna Hague 2:00pm Karaoke with Carolyn | 19 11:00am Smoking Cessation Support Group 2:00pm September Birthday Celebration (ALL SENIORS WELCOME) | 20 10:00am Scan Medicare Presentation 9:00am-11:00am Friday Morning Koffee Klub 2:00pm Movie Matinee | 21 |
| 22 | 23 9:00am-11:00am Monday Morning Koffee Klub 10:00am Easy Aerobics | 24 11:00am Healthy Hearts Support Group With Charter Hospice 2:00pm Craft Class (Fall Wreath) | 25 10:00pm Chair Exercise 2:00 Jewelry Class with Kelly | 26 10:00am Computer Basics With Eric 1:00pm Boomers Insurance presenting Scan Health Plan 2:00pm Woodworking With Josh | 27 9:00am-11:00am Friday Morning Koffee Klub 2:00pm Movie Matinee | 28 |
| 29 | 30 9:00am-11:00am Monday Morning Koffee Klub 10:00am Easy Aerobics 2:00pm Card Club | | | <p>All events are FREE TO ATTEND and OPEN TO THE PUBLIC! Must RSVP for a guaranteed seat in Craft and Woodworking Class so we can prepare for enough supplies. Heritage Conference Center 12370 Hesperia Rd., Suite 13 Please RSVP (760) 261-1496</p> | | |