



David's Harp

SEPTEMBER 2013 PM Schedule (12:30-3:30)

Telephone (503)-253-8883

Mon

Tue

Wed

Thu

Fri

Sat

<u>Outings/ Social Skills/Healthy Living/ Exercise and</u>	2 Labor Day CLOSED	3 Let's Move Women's Group Women in Hawaiian History	4 Outing/Creative Writing- Healthy Living Exercise & Nutrition	5 Outing INTERNATIONAL ROSE TEST GARDEN	6 Healthy Living Exercise & Nutrition/ OUTING/ART THERAPY/TAI CHI	7 Brunch And Outing JAPANESE GARDENS
<u>ART THERAPY- Elizabeth Brunch- Sarah/Julie</u>	9 OUTING Let's Move/ CHAIR YOGA	10 Let's Move Women's Group- Emergency Preparedness	11 Outing-Creative Writing- Healthy Living Exercise & Nutrition	12 OUTING CENTRAL LIBRARY AND STUMPTOWN COFFEE	13 Healthy Living Exercise & Nutrition/ OUTING/ART THERAPY/TAI CHI	14 Brunch And Outing ZENGER FARM
<u>Women's Group/ Harp Social Hour FROM GARDEN TO TABLE: SARAH & TRACIE</u>	16 OUTING Let's Move/ CHAIR YOGA	17 Let's Move Women's Group- Women's letters	18 Outing-Creative Writing- Healthy Living Exercise & Nutrition ART THERAPY	19 OUTING PITTOCK MANSION	20 COMMUNITY SERVICE DAY	21 Brunch And Outing PORTLAND SATURDAY MARKET
<u>Nutrition & CHAIR YOGA: Tracie, Sarah, Michelle, Julie</u>	23 OUTING LET'S MOVE/ CHAIR YOGA ART TX	24 Let's Move Women's Group- Tea Party	25 Outing-Creative Writing- Healthy Living Exercise & Nutrition ART THERAPY	26 HARVEST LUNCHEON	27 Healthy Living Exercise & Nutrition/ OUTING/ART THERAPY/TAI CHI	28 Brunch And Outing OREGON HISTORICAL SOCIETY



30 OUTING Let's Move/ CHAIR YOGA ART TX



Location:
11261 NE Knott
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VISIT US ON THE WEB AT:
Davidsharp.org

