



October 10

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|---|---|
| September 26 | 27 | 28 | 29 | 30 | October 1 | 2 |
| | <p>Happy to practice at your home for 5 or more students on Monday evenings! Cost \$10 each student Call to book a date!</p>  | You need to register at the Enfield Senior Center for classes held at that facility. Cost is \$3 for Enfield residents and \$5 for non residents (per class). | | | <p>Enfield Senior Center Simply Stretch and Strengthen 10:30 – 11:30 This class is designed for seniors needing balance, coordination, flexibility and strengthening!</p> | <p>9:00 – 10:15 AM ALL LEVELS At Spine Dynamics Location: 701 Enfield Street Enfield, CT 06082</p> |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
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