

# September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Bone Builders Dover</i>  <i>Men's Coffee at North Star Bowl 8 am</i>	2 <i>Bone Builders Whit/Jack</i>	3
4	5  <i>LABOR DAY</i>	6 <i>Bone Builders Dover</i>	7 <i>Bone Builders Wilm</i>	8 <i>Bone Builders Dover</i>  <i>Men's Coffee at North Star Bowl 8 am</i>	9 <i>Bone Builders Whit/Jack</i>	10
11	12 <i>Bone Builders Wilm Bone Builders Whit/Jack</i> <i>YOGA w/Jill St Mary's in the Mountain</i>	13 <i>Bone Builders Dover</i>  <i>Food Bank 9:30—10:30 am</i>	14 <i>Bone Builders Wilm</i>  <i>DV Cancer Support Group @ DVHC</i>	15 <i>Bone Builders Dover</i>  <i>Men's Coffee at North Star Bowl 8 am</i>	16 <i>Bone Builders Whit/Jack</i>	17
18	19 <i>Bone Builders Wilm Bone Builders Whit/Jack</i> <i>YOGA w/Jill St Mary's in the Mountain</i>	20 <i>Bone Builders Dover</i>	21 <i>Bone Builders Wilm</i>  <i>Chronic Condition Workshop 3—5:530p</i>	22 <i>Bone Builders Dover</i>  <i>Men's Coffee at North Star Bowl 8 am</i>	23 <i>Bone Builders Whit/Jack</i>	24
25	26 <i>Bone Builders Wil Bone Builders Whit/Ja</i> <a href="#"><u>Deerfield Valley Health &amp; Wellness 1:30—4 pm (Food Available)</u></a>	27 <i>Bone Builders Dover</i>	28 <i>Bone Builders Wilm</i> <i>Chronic Condition Workshop 3—5:530p</i> <i>DV Cancer Support Group</i>	29 <i>Bone Builders Dover</i>  <i>Men's Coffee at North Star Bowl 8 am</i>	30 <i>Bone Builders Whit/Jack</i>	

Bone Builder Wilmington is held at St Mary's in the Mountains 9:30—10:30 am

Bone Builders in Whitingham Jacksonville is held at the Jacksonville Municipal Building 10:30—11:30 am

Bone Builders in Dover is held at Butterfield Commons 10—11 am except second Tuesday of the month 10:30—11:30 am (FoodBank day)

YOGA w/ Jill is held at St Mary's in the Mountains Mondays 2—3 pm

Remember to check out the lecture series hosted by Aging In Place at Memorial Hall every Thursdays at 3 pm for more info go to [dvaginginplace.org](http://dvaginginplace.org)