

September 2010

Please sign up in advance if you wish to participant in activities at the drop in center. Call 238-9021 or email the Drop In Center at upwardbound@midconetwork.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>.....</p> <p>:(S) indicates that</p> <p>staff will be present</p> <p>for this activity.</p> <p>.....</p>		1 Open 1-4 pm NO RIDES	2 10 County MN State Fair (S) Leave 7:15 am	3 10 to Noon (S) Koffee Klatch	4
5	6 CLOSED Labor Day	7 Open 10-12 NO RIDES Water Exercise (S) Leave at Noon	8 Open 1-4 pm (S)	9 Thrift Shopping Leave 9:00 am (S) Bring lunch \$\$	10 10 to Noon (S) Koffee Klatch	11
12	13 Open 1-4 pm Kitchen Cmte Deb Vacation	14 Open 10-12 NO RIDES Water Exrcise (S) Leave at Noon	15 Open 1-4 pm (S)	16 Clay County Fair 12 -8 pm (S) Bring food \$\$	17 10 to Noon Koffee Klatch DebCoordinator Meeting	18
19	20 9 am Walk (S) 1:30 pm Board (S)Meeting (S) Open 4-7 pm (S)	21 Open 10-12 NO RIDES Water Exercise (S) Leave at Noon	22 10 County Twins Game Leave 7:15 am	23 Open 1-4 pm (S) Sunshine Cmte	24 10 to Noon Koffee Klatch No RIDES Deb Vacation	25
26	27 9 am Walk (S) Open 4-7 pm (S)	28 Open 10-12 NO RIDES No Water Exercise	29 Open 1-4pm (S) June Presenta- tion: An Apple A Day Community Meal 5:30 pm Rides Available	30 Open 1-4 pm (S) Kard Klub		