

# September 2012

## No Limits Eastern Shore

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i>
<i>2</i>	<i>3 Labor Day— CLOSED</i>	<i>4</i>	<i>5</i>	<i>6 Exercise with Sensei, CSB invited, 10:30am</i>	<i>7 Last Day as MBF</i>	<i>8</i>
<i>9</i>	<i>10 First Day as NLES</i>	<i>11 Planning Meeting  Volunteer: M. Harris</i>	<i>12 Cook for RTCOM Soup Kitchen</i>	<i>13 Exercise with Sensei Trower, 10:30am</i>	<i>14</i>	<i>15</i>
<i>16</i>	<i>17</i>	<i>18 Safety Meeting</i>	<i>19</i>	<i>20 Exercise with Sensei Trower, 10:30am</i>	<i>21</i>	<i>22</i>
<i>23</i>	<i>24</i>	<i>25 Cleaning Day  Newsletter Meeting</i>	<i>26</i>	<i>27 Exercise @ GF Horne, 10:30am Jason's Birthday LUNCH MAKING DAY-</i>	<i>28</i>	<i>29</i>
<i>30</i>						