

September Events

Date	Event	Time	Location
Wed Sep 4	Smoking Cessation Class (4 week session start)	6:00PM-7:00PM	Boca Y MCA
Sat Sep 7	Open House	10:00AM-2:00PM	Boca YMCA & Boynton Beach YMCA
Mon Sep 9	EnhanceFitness (16 week session start)	12:15pm-1:15pm AND 1:30pm-2:30PM	Boynton Beach YMCA
Tue Sep 17	Pros and Cons of Medical Marijuana Lecture	11:00AM-12:00PM	Boca YMCA
Thu Sep 19	Artificial Intelligence Lecture	11:00AM - 12:00PM	Boynton Beach YMCA
Tue Sep 24	Drumming for Wellness (4 week session start)	6:30PM-8:00PM	Boca YMCA
Wed Sep 25	Morikami Museum Field Trip	9:30AM-1:00PM	Morikami Museum
Thu Sep 26	Nutrition Seminar - DASH Way of Eating	9:00AM-10:00AM	Boca YMCA
Fri Sep 27	Nutrition Seminar - DASH Way of Eating	9:30AM - 10:30AM	Boynton Beach YMCA
Fri Sep 27	Senior Crafts	12:00PM-2:00PM	Boca YMCA