

September



2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01	02	03 **Nursing Screening Clinic (9 AM-1 PM)	04	05	06	07
08 *Balance Program (9-11 AM); ***Microfit/Accuniq Fitness Testing (11:30 - 2 pm)	09	10 **Nursing Screening Clinic (9 AM-1 PM) *Memory Screenings (10 AM - 12 PM)	11 ***Microfit/Accuniq Fitness Testing (12-3 pm)	12	13	14
15 *Balance Program (9-11 AM); ***Microfit/Accuniq Fitness Testing (11:30-12:30 pm)	16 ***Mindfulness (1-2PM)	17 **Nursing Screening Clinic (9 AM-1 PM)	18 ***Microfit/Accuniq Fitness Testing (12-3 pm)	19	20	21
22 *Balance Program (9-11 AM); ***Microfit/Accuniq Fitness Testing (11:30 - 2 pm)	23	24 **Nursing Screening Clinic (9 AM-1 PM)	25	26	27	28
29 *Balance Program (9-11 AM); ***Microfit/Accuniq Fitness Testing (11:30 - 12:30 pm)	30 ***Substance Use Disorders Workshop (1-2 PM) Explains common misconceptions, and how the words we use can make a difference.	01	02	03	04	05
06	07	Notes: *Asterisks indicates registration must be completed. **No current Central students permitted ***Open to all Central students, faculty, and staff				

October



2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	01 **Nursing Screening Clinic (9 AM-1 PM) *Memory Screenings (10 AM - 12 PM)	02 ***Microfit/Accuniq Fitness Testing (12 - 3 pm)	03	04	05
06 *Balance Program (9-11 AM) ***Depression & Anxiety Screenings (9:30 AM-12 PM); ***Microfit/Accuniq Fitness Testing (11:30-2 pm)	07 ***Mindfulness (1-2PM)	08 **Nursing Screening Clinic (9 AM-1 PM)	09 ***Using Psychology Principles to Improve our Lives (3:30-5 pm); ***Microfit/Accuniq Fitness Testing (12 -3 pm)	10	11	12
13 *Balance Program (9-11 AM); ***Microfit/Accuniq Fitness Testing (11:30-12:30 pm)	14	15 **Nursing Screening Clinic (9 AM-1 PM) ***Mindfulness BINGO (1:30 - 2:30)	16 *Parenting Workshop (5:30-7 pm)	17	18	19
20 *Balance Program (9-11 AM); ***Microfit/Accuniq Fitness Testing (11:30-2 pm)	21	22 **Nursing Screening Clinic (9 AM-1 PM) ***Step into the Rhythm Dance Program (10-11 AM) *** Financial Literacy Program (12-1:30 PM) Savings Management	23 ***Using Psychology Principles to Improve our Lives (3:30-5 pm); ***Microfit/Accuniq Fitness Testing (12 -3 pm)	24	25	26
27 *Balance Program (9-11 AM); ***Microfit/Accuniq Fitness Testing (11:30-12:30 pm)	28 ***Depression & Anxiety Screenings (2-4 PM)	29 **Nursing Screening Clinic (9 AM-1 PM) ***Step into the Rhythm Dance Program (10-11 AM)	30 *Parenting Workshop (5:30-7 pm); ***Microfit/Accuniq Fitness Testing (12 - 3 pm)	31	01	02
03	04	Notes: *Asterisks indicates registration must be completed. **No current Central students permitted ***Open to all Central students, faculty, and staff				

November



2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					01	02
03 *Balance Program (9-11 AM) *** Mindful Origami (1-2 PM); ***Microfit/Accunig Fitness Testing (11:30 - 2 pm)	04	05 **Nursing Screening Clinic (9 AM-1 PM) ***Step into the Rhythm Dance Program (10-11 AM)	06 ***Using Psychology Principles to Improve our Lives (3:30-5 pm); ***Microfit/Accunig Fitness Testing (12 - 3 pm)	07	08	09
10 *Balance Program (9-11 AM); ***Microfit/Accunig Fitness Testing (11:30-2 pm)	11	12 **Nursing Screening Clinic (9 AM-1 PM) ***Step into the Rhythm Dance Program (10-11 AM)	13 ***Microfit/Accunig Fitness Testing (12 - 3 pm)	14	15	16
17 *Balance Program (9-11 AM); ***Microfit/Accunig Fitness Testing (11:30-3 pm)	18	19 **Nursing Screening Clinic (9 AM-1 PM) ***Step into the Rhythm Dance Program (10-11 AM) ***Financial Literacy Program (12-1:30 PM) Credit Management	20 ***Microfit/Accunig Fitness Testing (12 - 3 pm)	21	22	23
24 *Balance Program (9-11 AM)	25	26 CLOSED	27	28	29	30
01	02	Notes: *Asterisks indicates registration must be completed. **No current Central students permitted ***Open to all Central students, faculty, and staff				

December



2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01	02	03 **Nursing Screening Clinic (9 AM-1 PM) *Memory Screenings (10 AM - 12 PM) ***Self-Care BINGO (1:30-2:30 pm)	04	05	06	07
08	09	10 **Nursing Screening Clinic (9 AM-1 PM)	11	12	13	14
15	16	17 **Nursing Screening Clinic (9 AM-1 PM)	18	19	20	21
22	23	24 CLOSED	25	26	27	28
29	30	31 CLOSED	01	02	03	04
05	06	Notes: *Asterisks indicates registration must be completed. **No current Central students permitted ***Open to all Central students, faculty, and staff				