

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September 2010</h1>					Retirement Seminar Bldg. 31A Rm. 2 Sept. 23 <sup>rd</sup> 12pm - 1pm	Seminar Why Roth IRA, Why Now? Bldg.10 Rm. 2C-116 Sept. 16 <sup>th</sup> 12pm - 1pm
<b>R&amp;W Memberships</b> \$5 thru the end of the year!	<b>Books Are Fun</b> <b>Book Fair</b> Bldg. 31A Lobby Sept. 14 <sup>th</sup> - 16 <sup>th</sup>	<b>NIH Farmers Market</b> Tuesdays 10:30am - 1:30pm Bldg. 31A Patio	<b>1</b>	<b>2</b> Seminar  Planning for the Holidays RKL II Rm. 9100 12-1pm	<b>3</b>	<b>4</b>  Maryland Renaissance Festival tickets available at R&W.
<b>5</b>  All remaining Orioles and Nationals games discounted even further. See page 19.	<b>6</b> Labor Day  <b>R&amp;W Stores &amp; Fitness Centers Closed</b>	<b>7</b> Seminar  Why Roth IRA, Why Now? Bldg.31A Rm. 2 12pm - 1pm	<b>8</b> NIH Health & Wellness Expo  Natcher- Conf. Center 11am - 4pm	<b>9</b>	<b>10</b>	<b>11</b> Day Trip to Baltimore?  R&W sells tickets to the National Aquarium and the Maryland Zoo in Baltimore!
<b>12</b>   Cookies and Goodies needed for patient party on Sept. 16 <sup>th</sup> !	<b>13</b> Positive Thinking Day  On a Monday? That's a cruel joke but stay positive as Friday is four days away.	<b>14</b>   Washington Capitals tickets on sale at Bldg. 31 at 8:15am.	<b>15</b>  September is Read A New Book Month. Buy yourself a new book at the book fair.	<b>16</b>  Infant Mortality 5K Run/Walk/Roll Bldg. 1 11am	<b>17</b>  The Power of Mindfulness Classes begin today. See page 15.	<b>18</b>
<b>19</b>	<b>20</b>  MD/DC & VA/DC Entertainment Books on sale at R&W for \$30.	<b>21</b>   Washington Wizards tickets on sale today!	<b>22</b>  New merchandise arriving in R&W stores weekly. Come see what's new.	<b>23</b>   27 <sup>th</sup> Annual Institute Challenge Relay 11:30am	<b>24</b>	<b>25</b>  Tyler Perry's Madea's Big Happy Family Verizon Center - 8pm
<b>26</b> Kings Dominion tickets for weekends in the fall now available. See page 11.	<b>27</b> Weight Watchers  New Session RKL II Ste 7111 1pm - 1:45pm	<b>28</b> New Movies this month include Killers, Prince of Persia, Robin Hood and Iron Man 2.	<b>29</b>	<b>30</b>  20 <sup>th</sup> Annual Back to Bethesda Car Show & Family Day Oct. 2 <sup>nd</sup> 11am - 4pm	<b>Women, Wine and Fashion</b> Friday, Oct. 1 <sup>st</sup> 6:30pm - 8:30pm Bloomingdale's at White Flint	<b>CFC Kickoff</b> Thursday, Oct. 7 <sup>th</sup> 10am - 12pm Courtyard between Bldgs. 31 & 33