


# October

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|--|---|---|--|
| <b>2.</b><br><b>Strength training.....9:00</b><br>Co. Line dance.....9:30<br><b>Essentrics.....10:15</b><br>Sewing Class.....10:00<br>Hi/ Lo Jack .....1:00<br>Scrabble.....1:00                                     | <b>3.</b><br>Yoga.....9:15<br>Essentrics.....10:30<br>Samba.....1:00<br>Bingo.....1:30<br>Tai Ji Quan.....1:00                                 | <b>4.</b><br>Bone builders.....9:15<br>Mahjongg.....9:30<br>Keep Moving.....10:30<br>Cribbage.....1:00<br>Tai Ji Quan.....1:00<br>Knitting.....2:00   | <b>5.</b><br>Strength training.....9:00<br>Chair Yoga.....9:15<br>Pastel Art.....10:15<br>Walk fit.....10:15<br>Hi Lo Jack.....1:00   | <b>6.</b><br>Mahjongg.....9:00<br>Bone Builders.....9:00<br>Keep Moving.....10:30<br>Cribbage.....1:00<br>Bingo.....1:30   |
|    | <b>9.</b><br>Yoga.....9:15<br>Essentrics.....10:30<br>Samba.....1:00<br>Bingo.....1:30<br>Tai Ji Quan.....1:00<br>Bazaar meeting.....2:00      | <b>11.</b><br>Bone builders.....9:15<br>Mahjongg.....9:30<br>Keep Moving.....10:30<br>Cribbage.....1:00<br>Tai Ji Quan.....1:00<br>Book club.....1:00<br>Knitting.....2:00                            | <b>12.</b><br>Strength training.....9:00<br>Chair Yoga.....9:15<br>Pastel Art.....10:15<br>Walk fit.....10:15<br>Hi Lo Jack.....1:00<br>Saftey Demo.....2:00  | <b>13.</b><br>Mahjongg.....9:00<br>Bone Builders.....9:00<br>Keep Moving.....10:30<br>Cribbage.....1:00<br>Bingo.....1:30<br>Pool Tournament.....1:00-4:00   |
| <b>16.</b><br><b>Flu Clinic....9:00a-12:00p</b><br><b>Strength training.....9:00</b><br>Co. Line dance.....NO<br><b>Essentrics.....10:15</b><br>Sewing Class.....10:00<br>Hi/ Lo Jack .....1:00<br>Scrabble.....1:00 | <b>17.</b><br>Yoga.....9:15<br>Essentrics.....10:30<br>Samba.....1:00<br>Bingo.....1:30<br>Tai Ji Quan.....1:00                                | <b>18.</b><br>Bone Builders.....9:15<br>Mahjongg.....9:30<br>Keep Moving.....10:30<br>Cribbage.....1:00<br>Tai Ji Quan.....1:00<br>Knitting.....2:00<br>KVV.....2:00<br>Produce box pick up 1:00-3:30 | <b>19.</b><br><b>Turkey Train Tour.....</b><br>Strength training.....9:00<br>Chair Yoga.....9:15<br>United Health.....10:00<br>Pastel Art.....10:15<br>Walk fit.....NO<br>Hi Lo Jack.....1:00<br>Pool Tourney.....1pm-4pm | <b>20.</b><br>Mahjongg.....9:00<br>Bone Builders.....9:00<br>Blood pressure clinic....10:00<br>Keep Moving.....10:30<br>Cribbage.....1:00<br>Bingo.....1:30  |
| <b>23.</b><br><b>Strength training.....9:00</b><br>Co. Line dance.....9:30<br><b>Essentrics.....10:15</b><br>Sewing Class.....10:00<br>Hi/ Lo Jack .....1:00<br>Scrabble.....1:00                                    | <b>24.</b><br>Yoga.....9:15<br>Essentrics.....10:30<br>Samba.....1:00<br>Bingo.....1:30<br>Tai Ji Quan.....1:00                                | <b>25.</b><br>Bone builders.....9:15<br>Mahjongg.....9:30<br>Keep Moving.....10:30<br>LIHEAP.....11:00-1:00<br>Cribbage.....1:00<br>Tai Ji Quan.....1:00<br>Knitting.....2:00                         | <b>26.</b><br>Strength training.....9:00<br>Chair Yoga.....9:15<br>Craft with Roseann.....10:00<br>Pastel Art.....10:15<br>Walk fit.....10:15<br>Hi Lo Jack.....1:00<br>BCBS open enrollment....1:30                      | <b>27.</b><br>Mahjongg.....9:00<br>Bone Builders.....9:00<br>Glucose Screening.....10:00<br>Keep Moving.....10:30<br>Drop off baked goods by 12:00<br>Cribbage.....1:00<br>Bingo.....1:30<br>Pool Tournament.....1:00-4:00 |
| <b>30.</b><br><b>Strength training.....9:00</b><br>Co. Line dance.....9:30<br><b>Essentrics.....10:15</b><br>Sewing Class.....10:00<br>Hi/ Lo Jack .....1:00<br>Scrabble.....1:00                                    | <b>31.</b><br>Yoga.....9:15<br>Essentrics.....10:30<br>Cancer prevention.....10:30<br>Samba.....1:00<br>Bingo.....1:30<br>Tai Ji Quan.....1:00 |   |   |  |