

October Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Greeting Cards 10:00 Strength Finders 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	3 9:00 Strength Finders 9:00 Foot Care Education 9:15 Advisory Committee 9:30 Living a Healthy Life Workshop 12:30 BDay/Anniversary Celebration 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Line Dancing 1:00 Trivia	4 8:30 Caramel Rolls 8:30 Book Signing 9:00 Standing Yoga 9:00 Flu Shots 10:00 Grief Group 10:00 Low Vision Group 10:00 Cribbage 10:30 Pool Lessons 10:45 Strength Finders 11:45 "Crunches" 12:45 Strength Finders 1:00 Pinochle & Bingo 1:00 Mahjong 1:30 Caregiver Group	5 9:00 Strength Finders 9:00 Flu Shots 9:30 Yunnan 2 9:30 Yoga Talk 10:00 Strength Finders 12:45 Hand & Foot 1:00 Bridge 1:00 BUNCO 1:00 Cornhole	6 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
9 9:30 Art from the Heart 10:00 Strength Finders 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	10 9:00 Strength Finders 9:30 Living a Healthy Life Workshop 10:00 Art with Nicole 10:00 Community Options 11:30 Dementia Care 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Line Dancing 1:00 Games 1:00 Quilting Group	11 8:00 Sauerkraut Day Trip 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle & Bingo 1:00 Mahjong 1:30 Caregiver Group 1:30 Legal Services	12 9:00 Strength Finders 9:30 Real Wild West 10:00 Strength Finders 10:00 Computer Basics 11:00 Alliance Center for Hearing 12:30 Special Music 12:45 Hand & Foot 1:00 Bridge 1:00 Cornhole BOOKMOBILE	13 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
16 10:00 Strength Finders 10:00 Wear Pink Day 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	17 9:00 Strength Finders 9:30 Living a Healthy Life Workshop 10:30 Hearing Loss Support Group 12:30 Whist 12:45 Farkel 1:00 Trivia 1:00 Bridge 1:00 Line Dancing	18 8:30 Special Caramel Roll Day (see pg 3) 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle & Bingo 1:00 Mahjong 1:30 Caregiver Group 2:00 Aging Gracefully	19 9:00 Strength Finders 9:30 Real Wild West 10:00 Strength Finders 12:45 Hand & Foot 1:00 BCCA Meeting 1:00 Bridge 1:00 Cornhole 1:00 BUNCO	20 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
23 9:00 Fitness Class Registration 10:00 Strength Finders 10:00 AARP Defensive Drive Class 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	24 9:00 Strength Finders 9:30 Living a Healthy Life Workshop 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Line Dancing 1:00 Games 1:00 Quilting Group	25 8:30 Caramel Rolls 9:00 UMary Tech Support 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle & Bingo 1:00 Mahjong 1:30 Caregiver Group	26 9:00 Strength Finders 9:30 How WWII Changed America 9:30 Yoga Talk 10:00 Strength Finders 11:00 Walk This Way 12:45 Hand & Foot 1:00 BUNCO 1:00 Bridge 1:00 Cornhole	27 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
30 10:00 Strength Finders 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Book Club	31 9:00 Strength Finders 9:30 Living a Healthy Life Workshop HALLOWEEN CELEBRATION (SEE PAGE 2) No afternoon activities!		Schedule Subject to Change. Please check in on "MySeniorCenter" daily.	DAILY Coffee Bar: 8:00 -11:30 am Pool: 8:30 am - 4:00 pm