

October Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
DAILY Coffee Bar: 8:00 -10:30 am Wednesday is Caramel Roll Day! Pool: 8:30 am - 4:00 pm SCHEDULE SUBJECT TO CHANGE.	1 9:00 Strength Finders 9:15 BCSAP Advisory Committee Meeting 10:00 Nourish Your Heart 10:00 Fall Prevention Exercise Class 12:30 Comp/Tech Support 12:30 Whist 12:30 B-day/Anniversary 12:45 Farkel 1:00 Bridge / Trivia 1:00 Hand & Foot 1:00 Line Dancing	2 9:00 Flu Shots 9:00 Standing Yoga 10:00 Low Vision Group 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 Connections	3 9:00 Flu Shots 9:00 Strength Finders 9:30 Curiosity Stream 10:00 Strength Finders 1:00 Hand & Foot 1:00 Bridge 1:00 Cornhole 1:00 BUNCO	4 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
7 9:30 Art from the Heart 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	8 9:00 Strength Finders 10:00 Art with Nicole 10:00 Understanding Alzheimers & Dementia 12:30 Comp/Tech Support 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Variety of Games 1:00 Line Dancing 1:00 Hand & Foot 1:00 Quilting Group	9 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:00 Coffee w/a Cop 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle / Bingo 1:00 Mahjong 1:30 Caregiver Connections 1:30 Legal Services	10 9:00 Strength Finders 9:30 Curiosity Stream 10:00 Strength Finders 10:00 Computer/Phone Basics 11:00 Alliance Center for Hearing 12:30 Wear Pink! Music 1:00 Hand & Foot 1:00 Bridge 1:00 Cornhole Bookmobile	11 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
14 9:30 Art from the Heart 10:00 AARP Smart Driver 10:00 Nourish Your Sleep 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	15 9:00 Strength Finders 9:00 Paint Party 10:30 Hearing Loss Group 12:30 Whist 12:30 Comp/Tech Support 12:45 Farkel 1:00 Bridge / Trivia 1:00 Hand & Foot 1:00 Line Dancing	16 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 Connections	17 9:00 Strength Finders 9:30 Curiosity Stream 10:00 Strength Finders 1:00 Hand & Foot 1:00 Bridge 1:00 BUNCO 1:00 Cornhole	18 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
21 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Senior Center Tour	22 8:00 Quilting Group 9:00 Art with Alice 9:00 Strength Finders 10:00 Fraud & Security Awareness 12:30 Whist 12:30 Comp/Tech Support 12:45 Farkel 1:00 Bridge/Hand & Foot 1:00 Variety of Games 1:00 Line Dancing	23 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 Connections	24 9:00 Strength Finders 9:30 Yoga Talk 9:30 Curiosity Stream 10:00 Strength Finders 11:00 Walk This Way 1:00 Hand & Foot 1:00 Bridge 1:00 Cornhole 1:00 BCCA Meeting	25 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
28 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Book Club	29 9:00 Strength Finders 12:30 Whist 12:30 Comp/Tech Support 12:45 Farkel 1:00 Bridge 1:00 Hand & Foot 1:00 Line Dancing	30 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 Connections	31 9:00 Strength Finders 10:00 Strength Finders Halloween Party (see pg 1) No Afternoon Activities	Chinese Auction to Benefit MSA United Way Wed, Oct 23— Thurs Oct 31 See Page 3 For more Info!