

October 2023

	Mon	Tue	Wed	Thu	Fri	
	2 9:30 Bridge 10:00 Duplicate Bridge 11:00 Chair Yoga 12:00 Lunch 12:45 Pitch, Bridge 12:45 Pickleball	3 10:00 Strength/Balance 11:00 Strength/Balance 12:00 Lunch 12:45 Mah Jong 12:45 Mah Jong Class	4 10:00 Hand/Foot 10:00 Hand, Foot, Knee 10:00 Duplicate Bridge 11:00 Intermed. Tai Chi 12:00 Lunch 12:45 Scrabble, Pickle-	5 10:00 Strength/Balance 10:00 Busy Hands Grp 11:00 Strength/Balance 12:00 Lunch 12:45 Bingo 12:45 Cornhole	6 *9:30 Vets Coffee Hr. 10:00 S/B, Wreath 11:00 Beg. Zumba 11-12 Tech Time 12:00 Lunch 12:45 Pinochle, Pickle- ball, Line Dancing	
	9 CLOSED FOR COLUMBUS DAY	10 *Birthday Bash 10:00 Strength/Balance 11:00 Strength/Balance 11:30 Reception 12:00 Lunch 12:45 Mah Jong 12:45 Mah Jong Class 12:45 Singing Group	11 *Intake Day 10:00 Hand/Foot 10:00 Hand, Foot, Knee 10:00 Duplicate Bridge 11:00 Intermed. Tai Chi 12:00 Lunch 12:45 Scrabble, Pickle- ball, Cribbage	12 *Fall Prevention 10:00 Strength/Balance 10:00 Busy Hands Grp 11:00 Strength/Balance 12:00 Lunch 12:45 Mind Puzzles 12:45 Cornhole	13 9:30 Senior Connect. 10:00 Strength/Balance 11:00 Beginner Zumba 11-12 Tech Time 12:00 Lunch 12:45 Pinochle, Pickle- ball, Line Dancing	
	16 9:30 Bridge 10:00 Duplicate Bridge 11:00 Chair Yoga 12:00 Lunch 12:45 Pitch, Bridge 12:45 Pickleball	17 *Vol. Workshop 10:00 Strength/Balance 11:00 Strength/Balance 12:00 Lunch 12:45 Mah Jong 12:45 Mah Jong Class 12:45 Singing Group	18 10:00 Hand/Foot, HFK 10:00 Duplicate Bridge 11:00 Intermed. Tai Chi 12:00 Lunch 12:45 Scrabble, Crib- bage, Pickleball	19 *Fall Prevention 10:00 Strength/Balance 10:00 Busy Hands Grp 11:00 Strength/Balance 12:00 Lunch 12:45 Caregivers 12:45 Cornhole	20 *Business Part. Fair 10:00 Strength/Balance 11:00 Beginner Zumba 11-12 Tech Time 12:00 Lunch 12:45 Pinochle, Pickle- ball, Line Dancing	
	23 9:30 Bridge 10:00 Duplicate Bridge 11:00 Chair Yoga 12:00 Lunch 12:45 Pitch, Bridge 12:45 Pickleball	24 *AARP 10:00 Strength/Balance 11:00 Strength/Balance 12:00 Lunch 12:45 Mah Jong No Singing Group	25 10:00 Hand/Foot 10:00 Hand, Foot, Knee 10:00 Duplicate Bridge 11:00 Intermed. Tai Chi 12:00 Lunch 12:45 Scrabble, Crib- bage, Pickleball	26 10:00 Strength/Balance 10:00 Busy Hands Grp 11:00 Strength/Balance 12:00 Lunch 12:30 Neigh. Advisor 12:45 Cornhole, Bunko	27 *No exercise 9:30 Senior Connec- tions 11-12 Tech Time 12:00 Lunch 12:45 Pinochle	
	30 9:30 Bridge 10:00 Duplicate Bridge 11:00 Chair Yoga 12:00 Lunch 12:45 Pitch, Bridge, Pickleball, Book Club	31 10:00 Strength/Balance 11:00 Strength/Balance 12:00 Lunch 12:45 Mah Jong 12:45 Singing Group				