


# October Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1.</p> <p>Co. Line dance.....9:30</p> <p>Sewing Class.....10:00</p> <p>Hi Lo Jack.....1:00</p>	<p>2.</p> <p>Chair Yoga.....9:15</p> <p>Scrabble.....9:30</p> <p>Art Class.....10:15</p> <p>Bone builders.....10:30</p> <p>Line dance.....12:45</p> <p>Samba.....1:00</p> <p>GSA.....1:30</p> <p>Essentrics.....2:00</p>	<p>3.</p> <p>Salsa dance aerobics ....9:00</p> <p>Mahjongg.....9:30</p> <p>Keep Moving.....<b>10:30</b></p> <p>Cribbage.....1:00</p> <p>Bingo.....1:30</p> <p>Knitting.....2:00</p>	<p>4.</p> <p>Yoga.....9:45</p> <p>Scrabble.....11:00</p> <p>Hi Lo Jack.....1:00</p> <p>Own your Health intro.1:30</p>	<p>5.</p> <p>Bone Builders.....9:15</p> <p>Keep Moving.....10:30</p> <p>Cribbage.....1:00</p> <p>Bingo.....1:30</p> <p>Autumn leaf Mason Jar.2:00</p>
<p>8.</p> 	<p>9.</p> <p>Chair Yoga.....9:15</p> <p>Scrabble.....9:30</p> <p>Art Class.....10:15</p> <p>Bone builders.....10:30</p> <p>Line dance.....12:45</p> <p>Samba.....1:00</p> <p>Bingo.....1:30</p> <p>Essentrics.....2:00</p>	<p>10.</p> <p>Salsa dance aerobics ....9:00</p> <p>Mahjongg.....9:30</p> <p>Keep Moving.....<b>10:30</b></p> <p>Cribbage.....1:00</p> <p>Book Club.....1:00</p> <p>Knitting.....2:00</p> <p><b>KWV</b>.....2:00</p>	<p>11.</p> <p><b>Pumpkin Painting.....9:30</b></p> <p>Yoga.....9:45</p> <p>Scrabble.....11:00</p> <p>Hi Lo Jack.....1:00</p> <p>Healthy living.....1:30</p>	<p>12.</p> <p>Bone Builders.....9:15</p> <p>Keep Moving.....10:30</p> <p>Cribbage.....1:00</p> <p>Bingo.....1:30</p> <p>Hart's Turkey Farm Trip</p>
<p>15.</p> <p>Co. Line dance.....9:30</p> <p>Sewing Class.....10:00</p> <p>Hi Lo Jack.....1:00</p> <p>Blue Cross Talk.....1:30</p>	<p>16.</p> <p>Chair Yoga.....9:15</p> <p>Scrabble.....9:30</p> <p>Art Class.....10:15</p> <p>Bone builders.....10:30</p> <p>Line dance.....12:45</p> <p>Samba.....1:00</p> <p>Bingo.....1:30</p> <p>Essentrics.....2:00</p>	<p>17.</p> <p>Salsa dance aerobics ....9:00</p> <p>Mahjongg.....9:30</p> <p>Keep Moving.....<b>10:30</b></p> <p>Cribbage.....1:00</p> <p>Knitting.....2:00</p>	<p>18.</p> <p>Yoga.....9:45</p> <p>Scrabble.....11:00</p> <p>Hi Lo Jack.....1:00</p> <p>Healthy living.....1:30</p> <p><b>Card Making w/ Kathy.2:30</b></p> <p>Hong Kong.....3:30</p>	<p>19.</p> <p>Bone Builders.....9:15</p> <p>Keep Moving .....10:30</p> <p><b>Diabetes Talk.....11:30</b></p> <p>Cribbage.....1:00</p> <p>Bingo.....1:30</p>
<p>22.</p> <p>Co. Line dance.....9:30</p> <p>Sewing Class.....10:00</p> <p>Hi Lo Jack.....1:00</p> <p>Blue cross open enrollment.....2:00</p>	<p>23.</p> <p>Chair Yoga.....9:15</p> <p>Scrabble.....9:30</p> <p>Art Class.....10:15</p> <p>Bone Builders.....10:30</p> <p>Line dance.....12:45</p> <p>Samba.....1:00</p> <p>Bingo .....1:30</p> <p>Essentrics.....2:00</p>	<p>24.</p> <p>Salsa Dance aerobics.....9:00</p> <p>Mahjongg.....9:30</p> <p>Keep Moving.....<b>10:30</b></p> <p><b>Blood pressure check....11:00</b></p> <p>Cribbage.....1:00</p> <p>Knitting.....2:00</p>	<p>25.</p> <p>Yoga.....9:45</p> <p>Scrabble.....11:00</p> <p>Hi Lo Jack.....1:00</p> <p>Healthy living.....1:30</p>	<p>26.</p> <p>Bone Builders.....9:15</p> <p>Keep Moving .....<b>10:30</b></p> <p>Cribbage.....1:00</p> <p>Bingo.....1:30</p>
<p>29.</p> <p>Co. Line dance.....9:30</p> <p>Sewing Class.....10:00</p> <p>Hi Lo Jack.....1:00</p> <p>United Health.....2-4</p>	<p>30.</p> <p>Chair Yoga.....9:15</p> <p>Scrabble.....9:30</p> <p>Art Class.....10:15</p> <p>Bone builders.....10:30</p> <p>Line dance.....12:45</p> <p>Samba.....1:00</p> <p>Bingo.....1:30</p> <p>Essentrics.....2:00</p>	<p>31.</p> <p>Salsa dance aerobics ....9:00</p> <p>Mahjongg.....9:30</p> <p>Keep Moving.....10:30</p> <p>Cribbage.....1:00</p> <p>Knitting.....2:00</p> <p><b>B-Day Cake.....1:00</b></p>		