

OCTOBER 2018 ACTIVITY CALENDAR

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
10:00 THRIFT SHOP OPEN	9:15 BINGO	9:45 OCT. 3,10,17,24,31 CONVERSATION TABLE W/ BETTY	9:15 BINGO <u>NO BINGO OCT 18TH</u>	10:00 DANCE AEROBICS
10:00 DANCE AEROBICS	9:30 OCTOBER 16TH FRANK MASTERSON SENIOR ADVOCATE	9:45 MOVIE & SNACK	9:45 FAN FOOD OCT. 11TH	10:30 ZUMBA GOLD
10:30 SIT & STRETCH	9:30 PROJECT CARE	10:00 OSTEO EXERCISE W/ CHARLENE	11:15 - OCT. 11TH MEDICARE QUESTIONS W/ MARGARET	10:30 SIT & STRETCH
10:30 ZUMBA GOLD	10:00 CHAIR ZUMBA W/ IRINA	10:30 DANCE AEROBICS	11:30 TO 2:30 <u>OCTOBER 18TH 90 & OVER CELEBRATION YOU MUST PRE REGISTER</u>	<u>WALMART TRANSPORT</u> OCT. 5, 12, 19, 26 FOR TRANSPORT SIGN UP IN OFFICE ON MONDAY FOR EACH WEEK
12:45 MOVIE & SNACK		11:00 TO 12:00 CHAIR YOGA OCT. 17TH,24TH, 31ST		
1:00 LINE DANCING		11:45 OCT.24TH SCOFA SPEAKER BENEFITS OF GARLIC		
		12:00 OCT. 10TH & 24TH CAREGIVER SUPPORT GROUP & LUNCH W/ BETTY		
<u>DO YOU KNOW A SENIOR WHO WOULD LIKE A FRIENDLY PHONE CALL ? JOIN OUR "SKIT" PROGRAM "SENIORS KEEPING IN TOUCH" AND YOU WILL RECEIVE A FRIENDLY HELLO MONDAY THRU FRIDAY</u>	<u>ARE YOU 60 YEARS OLD OR ABOVE? DON'T FEEL LIKE MAKING A MEAL? COME TO THE CENTER FILL OUT A REGISTRATION CARD AND HAVE A NOON TIME MEAL WITH US AT THE SENIOR CENTER</u>	<u>OCTOBER 31ST HALLOWEEN FUN COSTUMES & GAMES PRIZES & PIZZA YOU MUST PRE REGISTER!!</u>		

