

OCTOBER 2019 ACTIVITY CALENDAR

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8:30 to 10:30 THRIFT STORE	9:15 BINGO	8:30 to 10:30 THRIFT STORE	9:15 BINGO <u>IN AUDITORIUM OCT 31ST</u>	10:00 DANCE AEROBICS NO CLASS 9TH & 27TH
10:00 DANCE AEROBICS NO CLASS OCT. 28TH	9:30 PROJECT CARE FREE SCREENINGS BLOOD PRESSURE & SUGAR WEIGHT	10:00 OSTEO EXERCISE W/ CHARLENE NO CLASS OCT. 30TH	10:30 OCT 3RD HIICAP MEDICARE BASICS	10:30 ZUMBA GOLD
10:00 SENIOR DANCE FITNESS <u>CLASS STARTS 10/21</u> <u>THRU 11/25</u>	9:30 TO 12:30 OCT. 22ND SR. ADVOCATE FRANK MASTERSON	10:30 DANCE AEROBICS NO CLASS OCT. 30TH	10 AM TO 1PM OCT. 24TH MEDICARE COUNSELING 30 MIN INDIVIDUAL APPOINTMENTS <u>CALL TO RESERVE A TIME</u>	10:30 SIT & STRETCH NO CLASS 9TH & 27TH
10:30 ZUMBA GOLD NO CLASS OCT 28TH	10:00 CHAIR ZUMBA W/ IRINA	11:00 TO 12:00 OCT.2 <u>MEDITATION WORKSHOP</u> <u>BINGO ROOM</u>	1:00 TO 2:00 TAI CHI THRU 12/5	<u>OCTOBER 11TH</u> <u>11:30 TO 2:30</u> <u>90 & OVER PARTY</u> <u>YOU MUST</u> <u>PRE REGISTER!!!</u>
12:30 MOVIE	1:00 TO 2:00 TAI CHI THRU 12/5	11:00 CHAIR YOGA CLASS STARTS OCT.9 THRU NOV. 20TH	7PM OCT 17TH ABCD'S OF MEDICARE W/ CINDY GOLDSHER	12:30 REIKI CIRCLE WILL RESUME FRIDAY OCT. 25, 2019
1:00 LINE DANCING	1:30 OCT.22ND ABCD'S OF MEDICARE W/ CINDY GOLDSHER	11:00 SPEAKER ISLAND HARVEST	<u>DO YOU KNOW A SENIOR</u> <u>WHO WOULD LIKE A</u> <u>FRIENDLY PHONE CALL ?</u> <u>JOIN OUR</u> <u>"SKIT" PROGRAM</u> <u>"SENIORS KEEPING</u> <u>IN TOUCH"</u> <u>AND YOU WILL RECEIVE</u> <u>A FRIENDLY HELLO</u> <u>MONDAY THRU FRIDAY</u>	<u>LAST FRIDAY</u> <u>OF EACH MONTH</u> IF YOU ARE ATTENDING PLEASE LET THE OFFICE KNOW!! THANK YOU!
<u>CENTER CLOSED!!!</u> <u>OCTOBER 14TH</u> <u>COLUMBUS DAY</u>		12:30 MOVIE		