

October Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Stretch & Balance 11:30-1:30 Lunch 5:30 Zumba	4 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	5 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo	6 10:00 Altered Book w/ Pam 11:30-1:30 Lunch 12:00—1:00 Rosie (DOG) with her handler Krystal 1:30 BUNCO	7 9:30 BUNCO 10:30 Thompsonville Lunch & Music 11:30-1:30 Lunch 1:00 Wii Bowling
10 10:00 Stretch & Balance 11:30-1:30 Lunch 1:30 Pumpkin Class with Susan 5:30 Zumba	11 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	12 8:30 Zumba 10–2 Flu Shots with Hometown Pharmacy 11:30-1:30 Lunch 12:30 Bingo	13 10:00 Blood Pressure/ Glucose Tests 11:30-1:30 Lunch 1:30 BUNCO	14 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet Group
17 10:00 Stretch & Balance 11:30-1:30 Lunch 5:30 Zumba	18 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	19 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 4:30 Board of Directors Meeting	20 10:00 Altered Book w/ Pam 11:30-1:30 Lunch 12:00—1:00 Rosie (DOG) with her handler Krystal 1:30 BUNCO	21 PINK DAY! Wear pink and show your support for Breast Cancer Awareness! 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling
24 10:00 Stretch & Balance 11:30-1:30 Lunch 5:30 Zumba 1:30 Pebble Art w/ Cindy	25 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	26 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 5:00 Evening meal 6:00 Produce Bingo!	27 10:00 Book Group 11:30-1:30 Lunch 1:30 BUNCO	28 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet Group
31 10:00 Stretch & Balance 11:30-1:30 Lunch—Halloween Party! Wear a costume. Prize drawings. 5:30 Zumba		Join us October 26th for dinner at 5:00 p.m. Stay for Produce Bingo starting at 6:00 p.m. Prizes are fruits, veggies, and other food choices.		

