

# October Activities

Loving Life  
at Every Age

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	<b>1</b> Exercise 10:30 Lunch 11:45 Chronic Disease (PATH) Workshop 12:15 Euchre 1:00 Sunset Carvers 1-3 Cardio Drum 5:00-5:30	<b>2</b> Painting Group 9:00 Walking Group 9:00 A Matter of Balance 9:15 Cribbage 9:30-11:30 Ladies' Billiards 10:00 Lunch 11:45 Blood Pressure Clinic 12-1 Zumba Gold 12:30-1:15 Pinochle 1:00	<b>3</b> Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Fraud Prevention Workshop 12:30 Set Back 6:00	<b>4</b> Hiking 10:00 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	<b>5</b> Happy Scrapppers Croptober-fest 6
	<b>7</b> Quilting 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 Quilters Guild 6:30	<b>8</b> Exercise 10:30 Lunch 11:45 Chronic Disease (PATH) Workshop 12:15 Euchre 1:00 Sunset Carvers 1-3 Painting with Katie 3:00 - 4:30 Cardio Drum 5:00-5:30	<b>9</b> Painting Group 9:00 Walking Group 9:00 A Matter of Balance 9:15 Ladies' Billiards 10:00 Lunch 11:45 Zumba Gold 12:30-1:15 Pinochle 1:00 Jewelry Making 2:00	<b>10</b> Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Alzheimer's Support Group 11:00 Lunch 11:45 Tech Help 12:15 Book Club 1:15 Set Back 6:00	<b>11</b> Hiking 10:00 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 My Story, My life 1:15 Ping Pong 1-4
<b>14 (Columbus Day)</b> Quilting 9:00 Walking Group 9:00 Lunch 11:45 Monthly Birthday Celebration 12:15 Cardio Drumming 12:30 Board Games 1:00	<b>15</b> Charity Sew 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Cardio Drum 5:00	<b>16</b> Painting Group 9:00 Walking Group 9:00 A Matter of Balance 9:15 Ladies' Billiards 10:00 Lunch 11:45 Zumba Gold 12:30-1:15 Pinochle 1:00 Parkinson's Group 1:30 Speaker Stephanie Woziak Grandparents Raising Grandchildren 5:30 (Meet the authors)	<b>17</b> Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Set Back 6:00	<b>18</b> Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Cardboard Loom Weaving 12:30-2:30 Ping Pong 1-4	<b>19</b> 20
<b>21</b> Quilting 9:00 Walking Group 9:00 Estate Planning Attorney (Appt. only) 10-3 Lunch 11:45 Cardio Drumming 12:30	<b>22</b> Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Cardio Drumming 5:00	<b>23</b> Painting Group 9:00 Walking Group 9:00 A Matter of Balance: 9:15 Ladies' Billiards 10:00 Lunch 11:45 Zumba Gold 12:30-1:15 Pinochle 1:00	<b>24</b> Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Card Making 2:00 Set Back 6:00	<b>25</b> Hiking 10:00 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	<b>26</b> 27
<b>28</b> Quilting 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30	<b>29</b> Ladies' Coffee Klatch 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Cardio Drumming 5:00	<b>30</b> Painting Group 9:00 Walking Group 9:00 A Matter of Balance: 9:15 Ladies' Billiards 10:00 Lunch 11:45 Zumba Gold 12:30-1:15 Pinochle 1:00	<b>31 Halloween</b> Flu Clinic 9:30-11:30 Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Potluck Lunch 11:45 (Costumes & Prizes) Tech Help 12:15 Craft with Chris 3:00 Set Back 6:00	Green - Exercise Purple - Social Activity Red - Craft Black - Service Blue - Speaker Orange - Community Event	