

OCTOBER 2017 ACTIVITIES



MON	TUE	WED	THU	FRI
<p>2. 9-11:30 Crafts 10:30 Participants Council Meeting 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 1-3 Food Box Pickup</p>	<p>3. 10-12 Cards/Games 10:00 SilverSneakers 11:00 Practice Tai Chi 12:00 Lunch 1:00 Cards/Games 4:30 Zumba</p>	<p>4. 8:30-11:30 Paint Class 10-12 Cards/Games 10-11 Blood Pressure 12:00 Lunch 12:45 Bingo 7:00 Self-Care & Wellness Workshop</p>	<p>5. 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch 1:00 Cards/Games 4:30 Zumba Class</p>	<p>6. 9-11:30 Crafts 10:00 Exercise is Medicine w/ Linda Clay 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games</p>
<p>9. 9-11:30 Crafts 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 7:00 Medicare 101</p>	<p>10. 10-12 Cards/Games 10:00 SilverSneakers 11:00 Practice Tai Chi 12:00 Lunch 1:00 National Cake Decorating Day 4:30 Zumba</p>	<p>11. 8:30-11:30 Paint Class 9-12 Reflexology 10-12 Cards/Games 10-11 Blood Pressure 12:00 Lunch 12:45 Bingo</p>	<p>12. 10-4pm Rainbow Trip 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch 1:00 Cards/Games 4:30 Zumba</p>	<p>13. 9-11:30 <u>No</u> Crafts 9-2 AARP Driving Class w/Frank Cornell (D) 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games (A)</p>
<p>16. 9-11:30 Crafts 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Personal Safety Presentation w/ Officer Coverly</p>	<p>17. 9:00 Jane Freeman 10-12 Cards/Games 10:00 SilverSneakers 11:00 Practice Tai Chi 12:00 Lunch 1:00 Legal Aid Bingo w/ Christine 3:00 Board Meeting 4:30 Zumba</p>	<p>18. Birthday Party 8:30-11:30 Paint Class 10-12 Cards/Games 10-11 Blood Pressure 12:00 Lunch 12:45 Entertainment by Glen Hough</p>	<p>19. 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch 1:00 Cards/Games 3-6 Take-Out Spaghetti Dinner 4:30 Zumba</p>	<p>20. 9-11:30 Crafts 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 12:45 Bingo</p>
<p>23. 9-11:30 Crafts 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games</p>	<p>24. 9:00 Jane Freeman 10-12 Cards/Games 10:00 SilverSneakers 11:00 Practice Tai Chi 12:00 Lunch 1:00 Bayada Scary Room w/Sarah 4:00 Zumba</p>	<p>25. 8:30-11:30 Paint Class 10-12 Cards/Games 10-11 Blood Pressure 10:30-12 Constituent Outreach 12:00 Lunch 12:45 Bingo 1-5 Hearing Appts. 7:00 Ghostly Encounters Workshop</p>	<p>26. 10-12 Cards/Games 10:00 SilverSneakers Exercise Class 12:00 Lunch 1:00 Game of Frustration 4:30 Zumba</p>	<p>27. 9-2:30pm - Jewelry Repair & Appraisal 9-11:30 Crafts 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games</p>
<p>30. 9-11:30 Crafts 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games</p>	<p>31. Halloween Party 10-12 Cards/Games 11:30 Halloween Parade 12:00 Lunch 12:45 Lukens German Band</p> 	<p>(A) = Auditorium (D) = Dining Room</p>	<p>DO NOT FORGET</p> 	<p>Turn Back Clocks Standard Time occurs Sunday, November 5 at 2:00am</p>