

**Calendar of Activities - October 2021**

		Wednesday	Thursday	Friday - October 1st
				6-7a Fast Fitness w/Beth (Rec Center) 8:00-10:00am Floral/Garden Crafts 9-10a Strengthen Exercise 10-11:15a DeLeon Music 10:15-11:15a Traditional Exercise 10-12p Crochet / Knitting Group 12:00-3:30p Bridge 1:00-3:30p Hand & Foot 1-5p Line Dance / 5-7p Ballroom Dance 7:30-10p Western Dance
Monday - October 4th	Tuesday - October 5th	Wednesday, October 6th	Thursday - October 7th	Friday - October 8th
6-7a Fast Fitness w/Beth (Rec Center) 8-11:30a Drop In Art 9-10a Strengthen Exercise 9-11a Bunco 10-12p Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11-12p Book Club 12:30-3:30p Mah-Jong 1-5p Line Dance / 7-9p Couples Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10:00am Decorative Card Crafting 10-11a Peer Support Group 10-11a Bingo 10-11a Zumba! with Mary (Rec Center) 12-3:30p Bridge/Hand&Foot 1-4p Drop in Art 1-5p Line Dance 1:30-2:30 Trad'l Ex with Don (Rec Ctr) 2:30-3:30 Yoga with Don (Rec Ctr)	6-7a Fast Fitness w/Beth (Rec Center) 9-10a Strengthen Exercise 9-11:30a Crafters 10:15-11:15a Traditional Exercise 1:00-4:00p Drop In Art 1:00-2:00 Team Sideline Training 4-5p Tai Chi with Bill	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10am Acrylic Painting 10-11:15 Top Dollar Music 10-11a Zumba! with Mary (Rec Center) 12:30-3:30p Mexican Train 1-5p Line Dance 3-4p Yoga with John 1:30-2:30 Trad'l Ex with Don (Rec Ctr) 2:30-3:30 Yoga with Don (Rec Ctr)	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10:00am Floral/Garden Crafts 9-10a Strengthen Exercise 10-11:15a DeLeon Music 10:15-11:15a Traditional Exercise 10-12p Crochet / Knitting Group 12:00-3:30p Bridge 1:00-3:30p Hand & Foot 1-5p Line Dance / 5-7p Ballroom Dance 7:30-10p Western Dance
Monday - October 11th	Tuesday - October 12th	Wednesday - October 13th	Thursday - October 14th	Friday - October 15th
6-7a Fast Fitness w/Beth (Rec Center) 8-11:30a Drop In Art 9-10a Strengthen Exercise 9-11a Bunco 10-12p Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11-12p Book Club 12:30-3:30p Mah-Jong 1-5p Line Dance / 7-9p Couples Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10:00am Decorative Card Crafting 10-11a Peer Support Group 10-11a Bingo 10-11a Zumba! with Mary (Rec Center) 12-3:30p Bridge/Hand&Foot 1-4p Drop in Art 1-5p Line Dance 1:30-2:30 Trad'l Ex with Don (Rec Ctr) 2:30-3:30 Yoga with Don (Rec Ctr)	6-7a Fast Fitness w/Beth (Rec Center) 9-10a Strengthen Exercise 9-11:30a Crafters 10:15-11:15a Traditional Exercise 1:00-4:00p Drop In Art 4-5p Tai Chi with Bill  <b>3:00-6:00pm Flu Shot Main Hall</b>	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10am Acrylic Painting <b>9:00-12n Jolly Times</b> 10-11a Zumba! with Mary (Rec Center) 12:30-3:30p Mexican Train 1:30-2:30p Trad'l Ex with Don (Rec Ctr) 2:30-3:30p Yoga with Don (Rec Ctr) 1-5p Line Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10:00am Floral/Garden Crafts 9-10a Strengthen Exercise 10-11:15a DeLeon Music 10:15-11:15a Traditional Exercise 10-12p Crochet / Knitting Group 12:00-3:30p Bridge 1:00-3:30p Hand & Foot 1-5p Line Dance / 5-7p Ballroom Dance 7:30-10p Western Dance
Monday - October 18th	Tuesday - October 19th	Wednesday - October 20th	Thursday - October 21st	Friday - October 22nd
6-7a Fast Fitness w/Beth (Rec Center) 8-11:30a Drop In Art 9-10a Strengthen Exercise 9-11a Bunco 10-12p Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11-12p Book Club 12:30-3:30p Mah-Jong 1-5p Line Dance / 7-9p Couples Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10:00am Decorative Card Crafting 10-11a Peer Support Group 10-11a Bingo 10-11a Zumba! with Mary (Rec Center) 12-3:30p Bridge/Hand&Foot 1-4p Drop in Art 1-5p Line Dance 1:30-2:30 Trad'l Ex with Don (Rec Ctr) 2:30-3:30 Yoga with Don (Rec Ctr)	6-7a Fast Fitness w/Beth (Rec Center) 9-10a Strengthen Exercise 9-11:30a Crafters 10:15-11:15a Traditional Exercise 1:00-4:00p Drop In Art 1:00-2:00 Team Sideline Training 4-5p Tai Chi with Bill	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10am Acrylic Painting <b>8:00-12n RUMMAGE SALE</b> 10-11a Zumba! with Mary (Rec Center) 12:30-3:30p Mexican Train 1:30-2:30p Trad'l Ex with Don (Rec Ctr) 2:30-3:30p Yoga with Don (Rec Ctr) 1-5p Line Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10:00am Floral/Garden Crafts 9-10a Strengthen Exercise 10-11:15a DeLeon Music 10:15-11:15a Traditional Exercise 10-12p Crochet / Knitting Group 12:00-3:30p Bridge 1:00-3:30p Hand & Foot 1-5p Line Dance / 5-7p Ballroom Dance 7:30-10p Western Dance
Monday - October 25th	Tuesday - October 26th	Wednesday - October 27th	Thursday - October 28th	Friday - October 29th
6-7a Fast Fitness w/Beth (Rec Center) 8-11:30a Drop In Art 9-10a Strengthen Exercise 9-11a Bunco 10-12p Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11-12p Book Club 12:30-3:30p Mah-Jong 1-5p Line Dance / 7-9p Couples Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10:00am Decorative Card Crafting 10-11a Peer Support Group 10-11a Bingo 10-11a Zumba! with Mary (Rec Center) 12-3:30p Bridge/Hand&Foot 1-4p Drop in Art 1-5p Line Dance 1:30-2:30 Trad'l Ex with Don (Rec Ctr) 2:30-3:30 Yoga with Don (Rec Ctr)	6-7a Fast Fitness w/Beth (Rec Center) 9-10a Strengthen Exercise 9-11:30a Crafters 10:15-11:15a Traditional Exercise 1:00-4:00p Drop In Art 4-5p Tai Chi with Bill	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10am Acrylic Painting 10-11:15 Top Dollar Music 10-11a Zumba! with Mary (Rec Center) 12:30-3:30p Mexican Train 1-5p Line Dance 3-4p Yoga with John 1:30-2:30 Trad'l Ex with Don (Rec Ctr) 2:30-3:30 Yoga with Don (Rec Ctr)	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10:00am Floral/Garden Crafts 9-10a Strengthen Exercise <b>10-12n Halloween Party</b> 10:15-11:15a Traditional Exercise 10-12p Crochet / Knitting Group 12:00-3:30p Bridge 1:00-3:30p Hand & Foot 1-5p Line Dance / 5-7p Ballroom Dance 7:30-10p Western Dance