

## Calendar of Activities - October 2023

Monday - October 2	Tuesday - October 3	Wednesday - October 4	Thursday - October 5	Friday - October 6
9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:30-3:30p Mah-Jongg 1:00-3:00p Beginning Drawing w/Deborah 1:00-3:00p Beg. Western Line Dance 1:15-2:30p 2500 Card Game 3:00-5:00p Pre-Beginning Line Dance 3:00-5:00p Beginning Hand&Foot 5:00-7:00p One Stroke Painting 7:00-9:00p Inter. Couples Western Dance	8:30-11:30a Pinochle 9:00-9:45a Walking Workout (Rec Center) 9:00-10:00a Native American Dreamcatcher 10:00-11:00a Dance Aerobics (Rec Center) 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 10:30a-12:30p Native American History 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:30-3:30p Yoga with Don (Rec Center) 3:00-5:00p Inter. Western Line Dance	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba (Rec Center) 9:00-11:30a Drop-in Crafters 9:30-11:30a Memoir Writing Class 10:00-11:15a Top Dollar Music 10:15-11:15a Traditional Exercise 11:00a-12:00n Technology Help 12:00-3:00p Vocal Lessons with Skyla 1:00-2:30p Frugal Living 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi with Bill 6:00-8:00p Karaoke Night	9:00-9:45a Walking Workout (Rec Center) 9:00-10:00a Yoga with Don 9:00-11:00a Drop-in Ping Pong 10:00-11:00a Dance Aerobics (Rec Center) 10:00-11:00a Grief Support w/Regina 10:15-11:15a Trad'l Exer. with Don 12:00-3:00p Vocal Lessons with Skyla 12:30-3:30p Mexican Train 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Inter. Western Line Dance 3:00-6:00p Make & Take with April 6:00-8:00p Beg. Couples Western Dance	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba (Rec Center) 10:00-11:15a DeLeon Music 10:15-11:15a Traditional Exercise 10:15a-12:15p Crochet / Knitting Group 11:00a-12:00n Technology Help 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Decorative Card Crafting 3:00-5:00p Basic Acrylic Painting 3:00-4:30p Pre-Beginning Line Dance <b>6:00-8:00p Lions Club Spaghetti Dinner</b>
Monday - October 9	Tuesday - October 10	Wednesday - October 11	Thursday - October 12	Friday - October 13
6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 10:15-11:15a Traditional Exercise 10:15a-12:15p Crochet / Knitting Group 11:00a-1:00p Bunco 12:30-3:30p Mah-Jongg 1:00-3:00p Beg. Western Line Dance 1:15-2:30p 2500 Card Game 3:00-5:00p Beginning Hand&Foot 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p One Stroke Painting 7:00-9:00p Inter. Couples Western Dance	8:30-11:30a Pinochle 9:00-10:00a Native American Dreamcatcher 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 10:30a-12:30p Native American History 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 2:00-4:00p Magical Inks w/Maxine 3:00-5:00p Inter. Western Line Dance	9:00-10:00a Gentle Stretch Exercise 9:00-11:30a Drop-in Crafters 9:30-11:30a Memoir Writing Class 10:00-11:15a Top Dollar Music 10:15-11:15a Traditional Exercise 11:00a-12:00n Technology Help 12:00-3:00p Vocal Lessons with Skyla 1:00-2:30p Frugal Living 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi with Bill 6:00-8:00p Karaoke Night	9:00-10:00a Yoga with Don 9:00-11:00a Drop-in Ping Pong 10:00-11:00a Grief Support w/Regina 10:00a-12:00n Advanced Watercolor 10:15-11:15a Trad'l Exer. with Don 12:00-3:00p Vocal Lessons with Skyla 12:30-3:30p Mexican Train 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Inter. Western Line Dance 3:00-6:00p Make & Take with April 6:00-8:00p Beg. Couples Western Dance	9:00-10:00a Gentle Stretch Exercise 10:00-11:15a DeLeon Music 10:00a-12:00n Drop-in Art - all types 10:15-11:15a Traditional Exercise 10:15a-12:15p Crochet / Knitting Group 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Decorative Card Crafting 3:00-5:00p Basic Acrylic Painting 3:00-5:00p Pre-Beginning Line Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance
Monday - October 16	Tuesday - October 17	Wednesday - October 18	Thursday - October 19	Friday - October 20
9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:30-3:30p Mah-Jongg 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-2:30p 2500 Card Game 3:00-5:00p Beginning Hand&Foot 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p One Stroke Painting 7:00-9:00p Inter. Couples Western Dance	8:30-11:30a Pinochle 9:00-9:45a Walking Workout (Rec Center) 9:00-10:00a Native American Dreamcatcher 10:00-11:00a Dance Aerobics (Rec Center) 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 10:30a-12:30p Native American History 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:00-4:00p Magical Inks w/Maxine 2:30-3:30p Yoga with Don (Rec Center) 3:00-5:00p Inter. Western Line Dance	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba (Rec Center) 9:00-11:30a Drop-in Crafters 9:30-11:30a Memoir Writing Class 10:00-11:15a Top Dollar Music 10:15-11:15a Traditional Exercise 11:00a-12:00n Technology Help 12:00-3:00p Vocal Lessons with Skyla 1:00-2:30p Frugal Living 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi with Bill 6:00-8:00p Karaoke Night	9:00-9:45a Walking Workout (Rec Center) 9:00-10:00a Yoga with Don 9:00-12:00n <b>JOLLY TIMES</b> 10:00-11:00a Dance Aerobics (Rec Center) 10:00-11:00a Grief Support w/Regina 10:00a-12:00n Advanced Watercolor 10:15-11:15a Trad'l Exer. with Don 12:00-3:00p Vocal Lessons with Skyla 12:30-3:30p Mexican Train 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Inter. Western Line Dance 3:00-6:00p Make & Take with April 6:00-8:00p Beg. Couples Western Dance	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba (Rec Center) 10:00-11:15a DeLeon Music 10:15-11:15a Traditional Exercise 10:15a-12:15p Crochet / Knitting Group 11:00a-12:00n Technology Help 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Decorative Card Crafting 3:00-5:00p Basic Acrylic Painting 3:00-5:00p Pre-Beginning Line Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance
Monday - October 23	Tuesday - October 24	Wednesday - October 25	Thursday - October 26	Friday - October 27
9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:30-3:30p Mah-Jongg 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-2:30p 2500 Card Game 3:00-5:00p Beginning Hand&Foot 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p One Stroke Painting 7:00-9:00p Inter. Couples Western Dance	8:30-11:30a Pinochle 9:00-9:45a Walking Workout (Rec Center) 9:00-10:00a Native American Dreamcatcher 10:00-11:00a Dance Aerobics (Rec Center) 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 10:30a-12:30p Native American History 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:00-4:00p Magical Inks w/Maxine 2:30-3:30p Yoga with Don (Rec Center) 3:00-5:00p Inter. Western Line Dance	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba (Rec Center) 9:00-11:30a Drop-in Crafters 9:30-11:30a Memoir Writing Class 10:00-11:15a Top Dollar Music 10:15-11:15a Traditional Exercise 11:00a-12:00n Technology Help <b>11:30a Lunch w/Old Town Kiwanis</b> 12:00-3:00p Vocal Lessons with Skyla 1:00-2:30p Frugal Living 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi with Bill 6:00-8:00p Karaoke Night	9:00-9:45a Walking Workout (Rec Center) 9:00-10:00a Yoga with Don 9:00-11:00a Drop-in Ping Pong 10:00-11:00a Dance Aerobics (Rec Center) 10:00-11:00a Grief Support w/Regina 10:00a-12:00n Advanced Watercolor 10:15-11:15a Trad'l Exer. with Don 12:00-3:00p Vocal Lessons with Skyla 12:30-3:30p Mexican Train 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Inter. Western Line Dance 3:00-6:00p Make & Take with April 6:00-8:00p Beg. Couples Western Dance	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba (Rec Center) 10:00-11:15a DeLeon Music 10:15-11:15a Traditional Exercise 10:15a-12:15p Crochet / Knitting Group 11:00a-12:00n Technology Help 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Decorative Card Crafting 3:00-5:00p Basic Acrylic Painting 3:00-5:00p Pre-Beginning Line Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance
Monday - October 30	Tuesday - October 31			
9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 10:15a-12:15p Crochet / Knitting Group 11:00a-1:00p Bunco 12:30-3:30p Mah-Jongg 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-2:30p 2500 Card Game 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p One Stroke Painting 7:00-9:00p Inter. Couples Western Dance	8:30-11:30a Pinochle 9:00-9:45a Walking Workout (Rec Center) 9:00-10:00a Native American Dreamcatcher 10:00-11:00a Dance Aerobics (Rec Center) 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 10:30a-12:30p Native American History 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:00-4:00p Magical Inks w/Maxine 2:30-3:30p Yoga with Don (Rec Center) 3:00-5:00p Inter. Western Line Dance			