

Calendar of Activities - October 2024

	Tuesday - October 1	Wednesday - October 2	Thursday - October 3	Friday - October 4
<p align="center">THE OCTOBER LUNCH MENU IS AVAILABLE FOR PICK UP AT THE FRONT COUNTER.</p> 	6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-10:00a Blood Pressure Check 9:00-11:00a Native American Coming of Age 9:00a-12:00n Drop-in Ping Pong 10:00-11:00a Peer Support 10:00-11:00a Medicare 101 10:00-11:00a Bingo 10:00a-12:00n American Mah-jongg 12:30-4:00p Intern./Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:00-4:00p Magical Inks 2:30-3:30p Yoga 3:30-4:30p Beginning Karate 5:00-8:00p Vocal Lessons	6:00-6:45a Fast Fitness 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters 10:00-11:00a Grief Support 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 1:00-3:00p Frugal Living 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 11:30a-12:30p Aerobic Kickboxing 12:00-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 3:15-5:15p Drop-in Ping Pong 6:00-7:00p Senior Tabata	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&Foot 1:30-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance
	Monday - October 7	Tuesday - October 8	Wednesday - October 9	Thursday - October 10
8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:10:00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 12:30-5:00p Sit & Sew 1:00-3:00p 2500 Card Game 1:30-3:00p Beg. Western Line Dance 2:00-3:00p Navigating Grief 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation 3:30-5:00p Gelli Plate Printing	6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-11:00a Native American Coming of Age 9:00a-12:00n Drop-in Ping Pong 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:00a-12:00n American Mah-jongg 11:05a-1:15p Make & Take 1 12:30-4:00p Intern./Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:00-4:00p Magical Inks 2:30-3:30p Yoga 3:30-4:30p Beginning Karate 5:00-7:00p Posh Decorating 6:00-7:00p Senior Tabata	6:00-6:45a Fast Fitness 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters 10:00-11:00a Grief Support 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 1:00-3:00p Frugal Living 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night 5:30-6:30p Spanish 2 6:00-7:00p Medicare 101	6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 11:30a-12:30p Aerobic Kickboxing 12:00-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 3:15-5:15p Drop-in Ping Pong 6:00-7:00p Senior Tabata	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance
Monday - October 14	Tuesday - October 15	Wednesday - October 16	Thursday - October 17	Friday - October 18
8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:10:00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 12:30-5:00p Sewing 1:00-3:00p 2500 Card Game 1:30-3:00p Beg. Western Line Dance 2:00-3:00p Navigating Grief 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation 3:30-5:00p Gelli Plate Printing	6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-11:00a Native American Coming of Age 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:00a-12:00n American Mah-jongg 11:05a-1:15p Make & Take 1 12:30-4:00p Intern./Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:00-4:00p Magical Inks 2:30-3:30p Yoga 3:30-4:30p Beginning Karate 5:00-7:00p Posh Decorating 6:00-7:00p Senior Tabata 5:00-8:00p Vocal Lessons	6:00-6:45a Fast Fitness 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters 10:00-11:00a Grief Support 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 1:00-3:00p Frugal Living 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night 5:30-6:30p Spanish 2	6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 11:30a-12:30p Aerobic Kickboxing 12:00-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 3:15-5:15p Drop-in Ping Pong 6:00-7:00p Senior Tabata	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance
Monday - October 21	Tuesday - October 22	Wednesday - October 23	Thursday - October 24	Friday - October 25
8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:10:00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 1:00-3:00p Beginning Drawing 1:00-3:00p 2500 Card Game 1:30-3:00p Beg. Western Line Dance 2:00-3:00p Navigating Grief 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation 3:30-5:00p Gelli Plate Printing	7:00-8:00a Zumba Chair 8:00-10:00a Newsletter Folding 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-11:00a Native American Coming of Age 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:00a-12:00n American Mah-jongg 11:05a-1:15p Make & Take 1 12:30-4:00p Intern./Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:00-4:00p Magical Inks 2:30-3:30p Yoga 3:30-4:30p Beginning Karate 5:00-7:00p Posh Decorating 6:00-7:00p Senior Tabata 5:00-8:00p Vocal Lessons	6:00-6:45a Fast Fitness 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters 10:00-11:00a Grief Support 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 1:00-3:00p Frugal Living 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night 5:30-6:30p Spanish 2 6:00-7:00p Medicare 101	6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 11:30a-12:30p Aerobic Kickboxing 12:00-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 3:15-5:15p Drop-in Ping Pong 6:00-7:00p Senior Tabata	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance
Monday - October 28	Tuesday - October 29	Wednesday - October 30	Thursday - October 31	
8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:10:00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 12:30-5:00p Sewing 1:00-3:00p 2500 Card Game 1:30-3:00p Beg. Western Line Dance 2:00-3:00p Navigating Grief 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation 3:30-5:00p Gelli Plate Printing	6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-11:00a Native American Creation Stories 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:00-11:00a Medicare 101 10:00a-12:00n American Mah-jongg 11:05a-1:15p Make & Take 1 12:30-4:00p Intern./Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:30-3:30p Yoga 3:30-4:30p Beginning Karate 5:00-7:00p Posh Decorating 6:00-7:00p Senior Tabata 5:00-8:00p Vocal Lessons	6:00-6:45a Fast Fitness 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters 10:00-11:00a Grief Support 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 1:00-3:00p Frugal Living 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night 5:30-6:30p Spanish 2	6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 11:30a-12:30p Aerobic Kickboxing 12:00-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 3:15-5:15p Drop-in Ping Pong 6:00-7:00p Senior Tabata	