

OCTOBER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>OCTOBER 2</u> SilverSneakers 10:30 (Cardio) SilverSneakers 11:30 (MSROM) DARTBALL 12:30	<u>OCTOBER 3</u> EXERCISE 10:30—11:15 EUCHRE 12:30 <u>BOARD MTG</u> <u>10:00</u>	<u>OCTOBER 4</u> BIBLE STUDY 9:30	<u>OCTOBER 5</u> SilverSneakers 9:00 SilverSneakers 9:50 SilverSneakers 10:30 EXERCISE 10:30-11:15 CARD CLUB 12:30	<u>OCTOBER 6</u> BINGO 12:30
<u>OCTOBER 9</u> <u>SENIOR</u> <u>CENTER</u> <u>CLOSED</u> <u>FOR</u> <u>COLUMBUS DAY</u>	<u>OCTOBER 10</u> EXERCISE 10:30—11:15 EUCHRE 12:30	<u>OCTOBER 11</u> BIBLE STUDY 9:30	<u>OCTOBER 12</u> SilverSneakers 9:00 SilverSneakers 9:50 SilverSneakers 10:30 EXERCISE 10:30-11:15 CARD CLUB 12:30	<u>OCTOBER 13</u> BINGO 12:30
<u>OCTOBER 16</u> SilverSneakers 10:30 (Cardio) SilverSneakers 11:30 (MSROM) DARTBALL 12:30	<u>OCTOBER 17</u> EXERCISE 10:30—11:15 EUCHRE 12:30	<u>OCTOBER 18</u> BIBLE STUDY 9:30	<u>OCTOBER 19</u> SilverSneakers 9:00 (Cardio) SilverSneakers 9:50 (Yoga) SilverSneakers 10:30 (MSROM) Exercise 10:30 –11:15 CARD CLUB 12:30	<u>OCTOBER 20</u> BINGO 12:30
<u>OCTOBER 23</u> SilverSneakers 10:30 (Cardio) SilverSneakers 11:30 (MSROM) DARTBALL 12:30	<u>OCTOBER 24</u> EXERCISE 10:30—11:15 EUCHRE 12:30	<u>OCTOBER 25</u> BIBLE STUDY 9:30	<u>OCTOBER 26</u> SilverSneakers 9:00 (Cardio) SilverSneakers 9:50 (Yoga) SilverSneakers 10:30 (MSROM) Exercise 10:30—11:15 CARD CLUB 12:30	<u>OCTOBER 27</u> BINGO 12:30
<u>OCTOBER 30</u> SilverSneakers 10:30 (Cardio) SilverSneakers 11:30 (MSROM) DARTBALL 12:30	<u>OCTOBER 31</u> EXERCISE 10:30—11:15 EUCHRE 12:30			