



# Senior Center Activities

## October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3. 10:00 Senior Fitness 1:00 Painting Class</p> 	<p>4. 9:00 &amp; 1:00 Painting Class 9:00-Noon Computer Lab 11:00 Yoga Stretching</p>	<p>5. 8:30 Piece Makers/Sewing 9:00-Noon Computer Lab 9:30 Free Bingo by <u>Interim Healthcare</u> 10:00 Senior Fitness</p>	<p>6. 10:00 Creative Writing 9:00-Noon Computer Lab 11:00 Yoga Stretching 11:00 Free Blood Pressure Checks by <u>Accessible Home Health</u></p>	<p>7. 9:00 Woodcarving 9:00-Noon Computer Lab 10:00 Senior Fitness</p> 
<p>10. Closed in Observance of Columbus Day</p> 	<p>11. 9:00 &amp; 1:00 Painting 9:00-Noon Computer Lab 11:00 Yoga Stretching</p>	<p>12. 8:30 Piece Makers/Sewing 9:00-Noon Computer Lab 10:00 – Senior Fitness 1:00 COPD Presentation by <u>Heart to Heart</u></p>	<p>13. 10:00 Creative Writing 9:00-Noon Computer Lab 11:00 Yoga Stretching</p> 	<p>14. 9:00 Woodcarving 9:00-Noon Computer Lab 10:00 Senior Fitness</p> 
<p>17. 10:00 Senior Fitness 1:00 Painting Class</p> 	<p>18. 9:00 &amp; 1:00 Painting Class 9:00-Noon Computer Lab 11:00 Yoga Stretching</p>	<p>19. 8:30 Piece Makers/Sewing 9:00-Noon Computer Lab 10:00 Senior Fitness</p> 	<p>20. 10:00 Creative Writing 9:00-Noon Computer Lab 11:00 Yoga Stretching 11:00 Free Blood Pressure Checks by <u>Accessible Home Health</u></p>	<p>21. 9:00 Woodcarving 9:00-Noon Computer Lab 10:00 Ask A Lawyer 10:00 Senior Fitness</p>
<p>24. 10:00 Senior Fitness 1:00 Painting Class</p> 	<p>25. 9:00 &amp; 1:00 Painting 9:00-Noon Computer Lab 11:00 Yoga Stretching</p>	<p>26. 8:30 Piece Makers/Sewing 9:00-Noon Computer Lab 9:30 Free Bingo by <u>Lincoln Park Manor</u> 10:00 Senior Fitness</p>	<p>27. 10:00 Creative Writing 9:00-Noon Computer Lab 11:00 Yoga Stretching</p>	<p>28. 9:00 Woodcarving 9:00-Noon Computer Lab 10:00 Senior Fitness</p> 
<p>31. 10:00 Senior Fitness 1:00 Painting Class</p>				

