

# ACTIVITIES OCTOBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich \$ 1:00 Knitting	<b>2</b>  <b>90+ BIRTHDAY CELEBRATION!</b>  9:00 Veteran's Agent	<b>3</b> 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	<b>4</b> 8:30 Strength & Mobility\$ 9:00 Pitch 11:00 Chair Yoga \$	<b>5</b>
<b>6</b> <b>1:00 Sunday Lunch</b> HOST: FCC	<b>7</b> 9:30 Line Dancing \$ 12:00 Lunch 1:00 Movie: The Curse of Bridge Hollow <i>10:00 WALK</i>	<b>8</b> 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich \$ 1:00 Knitting	<b>9</b> 8:30 Strength & Mobility\$ 9:00 Foot Care \$ 9:00 Veteran's 10-12 Intro to Computers 10:00 Shake Y' Soul \$ <b>1:00 Plan Next Year's Flower Garden</b> 3:30 COA BOARD	<b>10</b> 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	<b>11</b> 8:30 Strength & Mobility\$ 9:00 Pitch <b>1:00 Aging Mastery</b> <b>1:00 Life After Loss Group (Meet at Pub 116)</b>	<b>12</b>
<b>13</b>	<b>14</b> <b>Columbus Day Senior Center Closed</b>	<b>15</b> 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich \$ 1:00 Knitting	<b>16</b> 8:30 Strength & Mobility\$ 9:00 Veteran's Agent 10:00 Shake Y' Soul \$ <b>10-12 Intro to Computers</b> 1:00 TRIAD	<b>17</b> 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	<b>18</b> 8:30 Strength & Mobility\$ 9:00 Pitch 11:00 Chair Yoga \$ <b>1:00 Aging Mastery</b>	<b>19</b>
<b>20</b> <b>1:00 Sunday Lunch</b> HOST: St. Agnes	<b>21</b> 9:30 Line Dancing \$ 12:00 Lunch 1:00 Art Together <i>10:00 walk</i>	<b>22</b> 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich \$ 1:00 Knitting <b>1-3 FLU/COVID CLINIC</b>	<b>23</b> 8:30 Strength & Mobility\$ 9:00 Veteran's Agent 10:00 Shake Y' Soul \$ 10-12 Intro to Computers <b>2:00 Drumming w/ Tamarack Hollow</b>	<b>24</b> 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	<b>25</b> 8:30 Strength & Mobility\$ 9:00 Pitch <b>1:00 Aging Mastery</b>	<b>26</b>
	<b>28</b> <i>10:00 walk</i> 9:30 Line Dancing \$ 12:00 Lunch 1:00 Art Together <b>1:00 BINGO</b>	<b>29</b> 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich \$ 1:00 Knitting	<b>30</b> 8:30 Strength & Mobility\$ 9:00 Veteran's Agent 10:00 Shake Your Soul \$ 10-12 Intro to Computers	<b>31</b> 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage		

Special Events are indicated in red font. Please remember to sign-up for special events and lunches by calling 684-2000 or we may not be able to accommodate you! Events highlighted in yellow are Hybrid! Come in person or meet virtually!