



Activities

Mon

Tue

Wed

Thu

Fri

*Activities are subject to change****

*SS=Silver Sneakers
IA=Independent Activity*

5
9 Fall Crossword IA
9 Music Lessons
930 Bible Study
10 Chorus
10 Tea Trolley Trip
11 Uno

12

Closed

19
9 Haircuts w/ Missy
10 Chorus
10 Art
11 Line Dancing

26
9 Music Lessons
10 Chorus
10 Book Club
11 Line Dancing

6
830 Coffee Social
10 Bingo
11 Speaker
12 Walking-SS

13
830 Coffee Social
10 Bingo
11 Pumpkin Decorating
12 Walking -SS

20

Closed

27
830 Coffee Social
930 Board Members Q&A
1030 Bingo
12 Walking -SS

7
9 Quilting
930 Bible Study
10 Festival Craft
11 Scrabble

14
9 Quilting
10 Breast Cancer Trivia
1030 Calendar Planning Meeting
11 Dominoes

21
9 Quilting
930 Bible Study
10 Spot the Difference-IA
11 Flinchbaugh's Trip

28
9 Quilting
10 Indoor Cornhole
11 Shut the Box

1
10 Fall Decorations
12 Choose & Play IA
12 Walking-SS

8
9 Music Lessons
10 NYH/NYD
1030 Catholic Harvest
12 Walking-SS

15
9 Music Lessons
10-12 Wendy Fink
1030 Survivors Celebration
12 Walking-SS

22
9 Music Lessons
10 Chair activity bingo
12 Walking-SS

29
9 Music Lessons
10 Caring Hearts
11 Halloween Word Search
12 Walking -SS

2
830 Coffee Social
10 Halloween Bingo
11 Blood Pressure Checks

9
830 Coffee Social
9 Festival Game Prep
10 Bingo w/Devoted Health
11 Caring Hearts

16
830 Coffee Social
830 Festival Treat Bags
930 Indoor Set up for Festival

23
830 Coffee Social
10 No bake Class
11 Bingo @ Rivertown
11 Halloween Coloring

30
830 Coffee Social
1030 Costume Contest
11 Halloween Glow Rave & Birthday Party & Raffle



Gym & Fitness

Mon

Tue

Wed

Thu

Fri

<i>Activities are subject to change***</i>				
<i>SS=Silver Sneakers</i>			1 8 Walking 830 Senior Strength-SS 9 Shuffleboard 945 Pickleball Half Court-SS 12 Walking -SS	2 8 Walking 9 Pickleball-SS
5 8 Walking-SS 9 Pickleball-SS	6 8 Walking 830 Cardio & Strength-SS 9 Shuffleboard 945 Pickleball Half Court-SS 12 Walking -SS	7 8 Walking-SS 830 Yoga-SS 9 Pickleball-SS	8 8 Walking 830 Senior Strength-SS 9 Shuffleboard 945 Pickleball Half Court-SS 12 Walking -SS	9 8 Walking 9 Pickleball-SS
12 Closed	13 8 Walking 830 Cardio & Strength-SS 9 Shuffleboard 945 Pickleball Half Court-SS 12 Walking -SS	14 8 Walking-SS 830 Yoga-SS 9 Pickleball-SS	15 8 Walking 830 Senior Strength-SS 9 Shuffleboard 945 Pickleball Half Court-SS 12 Walking -SS	16 8 Walking 9 Pickleball-SS
19 8 Walking -SS 9 Pickleball-SS 11 Line Dancing	20 Closed	21 8 Walking-SS 830 Yoga-SS 9 Pickleball-SS	22 8 Walking 830 Senior Strength-SS 9 Shuffleboard 945 Pickleball Half Court-SS 12 Walking -SS	23 8 Walking 9 Pickleball-SS
26 8 Walking-SS 9 Pickleball-SS 11 Line Dancing	27 8 Walking 830 Cardio & Strength-SS 9 Shuffleboard 945 Pickleball Half Court-SS 12 Walking -SS	28 8 Walking-SS 830 Yoga-SS 9 Pickleball-SS	29 8 Walking 830 Senior Strength-SS 9 Shuffleboard 945 Pickleball Half Court-SS 12 Walking -SS	30 8 Walking 9 Pickleball-SS