

<i>Monday</i>			<i>Tuesday</i>			<i>Wednesday</i>			<i>Thursday</i>			<i>Friday</i>		
<h1>October 2024</h1>			Responsible AI 10:00 AM 01			Friendship Circle 8:30 AM 02			Exploring Memoir 9:00 AM 03			Walking Group 9:00 AM 04		
			Beginner Line Dancing 10:00 AM			Walking Group 9:00 AM			Samba 9:00 AM			Ceramics 9:30 AM		
			Therapy Dogs 10:30 AM			Stronger Seniors 9:15 AM			Scrabble 9:30 AM			Bingo 10:00 AM		
			Advanced Line Dancing 11:00 AM			Blood Pressure Drop In 9:30 AM			Cardio Drumming 10:00 AM			Strength & Flex 10:00 AM		
			Lunch 12:00 PM			Strength & Flex 10/11:00 AM			Exploring Poetry 10:30 AM			Light & Lively 11:00 AM		
			Mahjong 12:30 PM			Lunch 12:00 PM			Lunch 12:00 PM			Lunch 12:00 PM		
			Red Hat Meeting 1:00 PM			Body Sculpt/Social Bridge 12:30 PM			Chair Volleyball/Dup. Bridge 12:30 PM			Setback 12:30 PM		
			Water & Oil 1:00 PM			Dominoes 12:45 PM			Hiking 1:00 PM			Advanced Tai Chi 12:30 PM		
			Advanced Tai Chi 1:30 PM			Light & Lively 1:20 PM			Hand & Foot/Quilting 1:00 PM			Cribbage 12:45 PM		
			Beginner Tai Chi 2:30 PM			Yoga 2:20/3:20 PM			Zumba Gold 2:30 PM			Beginner Tai Chi 1:30 PM		
			Foot Care—By Appointment											
Walking Group 9:00 AM 07			Responsible AI 10:00 AM 08			Friendship Circle 8:30 AM 09			Exploring Memoir 9:00 AM 10			Walking Group 9:00 AM 11		
Ceramics 9:30 AM			Beginner Line Dancing 10:00 AM			Walking Group 9:00 AM			Samba 9:00 AM			Ceramics 9:30 AM		
Strength & Flex 10:00 AM			Advanced Line Dancing 11:00 AM			Stronger Seniors 9:15 AM			Scrabble 9:30 AM			Bingo 10:00 AM		
Light & Lively 11:00 AM			Lunch 12:00 PM			Blood Pressure Drop In 9:30 AM			Cardio Drumming 10:00 AM			Strength & Flex 10:00 AM		
Lunch 12:00 PM			Mahjong 12:30 PM			Strength & Flex 10/11:00 AM			Exploring Poetry 10:30 AM			Light & Lively 11:00 AM		
Body Sculpt 12:30 PM			Movie: Ghostbusters Frozen 1:00 PM			Lunch 12:00 PM			Lunch 12:00 PM			Lunch 12:00 PM		
Pinochle 12:30 PM			Water & Oil 1:00 PM			Body Sculpt/Social Bridge 12:30 PM			Chair Volleyball 12:30 PM			Setback 12:30 PM		
Biking 1:00 PM			Advanced Tai Chi 1:30 PM			Dominoes 12:45 PM			Duplicate Bridge 12:20 PM			Advanced Tai Chi 12:30 PM		
Music Circle 1:00 PM			Beginner Tai Chi 2:30 PM			Light & Lively 1:20 PM			Hand & Foot/Quilting 1:00 PM			Cribbage 12:45 PM		
Light & Lively 1:20 PM						Yoga 2:20/3:20 PM			Zumba Gold 2:30 PM			Beginner Tai Chi 1:30 PM		
Yoga 2:20/3:20 PM														
			Foot Care—By Appointment											
<h2>Closed Indigenous Peoples’ Columbus Day</h2>			Paint Program 9:30 AM 14			Friendship Circle 8:30 AM 15			Exploring Memoir 9:00 AM 16			Walking Group 9:00 AM 17		
			Beginner Line Dancing 10:00 AM			Walking Group 9:00 AM			Samba 9:00 AM			Ceramics 9:30 AM		
			Book Group 10:30 AM			Stronger Seniors 9:15 AM			Scrabble 9:30 AM			Bingo 10:00 AM		
			Advanced Line Dancing 11:00 AM			Blood Pressure Drop In 9:30 AM			Cardio Drumming 10:00 AM			Strength & Flex 10:00 AM		
			Lunch 12:00 PM			Strength & Flex 10/11:00 AM			Exploring Poetry 10:30 AM			Light & Lively 11:00 AM		
			Mahjong 12:30 PM			Newcomers Meeting 11:00 AM			Lunch 12:00 PM			Lunch 12:00 PM		
			Watercolor & Oil 1:00 PM			Lunch 12:00 PM			Square Dancing/Dup. Bridge 12:30 PM			Setback 12:30 PM		
			Meet The Candidates 1:00 PM			Body Sculpt/Social Bridge 12:30 PM			Hiking/Hand & Foot/Quilting 1:00 PM			Advanced Tai Chi 12:30 PM		
						Dominoes 12:45 PM			Zumba Gold 2:30 PM			Cribbage 12:45 PM		
						Light & Lively 1:20 PM						Beginner Tai Chi 1:30 PM		
			File of Life—Appointment Only						Foot Care—By Appointment					
Walking Group 9:00 AM 21			Beginner Line Dancing 10:00 AM 22			Friendship Circle 8:30 AM 23			Exploring Memoir 9:00 AM 24			Walking Group 9:00 AM 25		
Ceramics 9:30 AM			AARP Smart DriverTEK 10:00 AM			Walking Group 9:00 AM			Samba 9:00 AM			Ceramics 9:30 AM		
Strength & Flex 10:00 AM			Advanced Line Dancing 11:00 AM			Stronger Seniors 9:15 AM			Scrabble 9:30 AM			Bingo 10:00 AM		
Light & Lively 11:00 AM			Lunch 12:00 PM			Blood Pressure Drop In 9:30 AM			Cardio Drumming 10:00 AM			Pet Health & Wellness Clinic 10:00 AM		
Lunch 12:00 PM			Mahjong 12:30 PM			Strength & Flex 10/11:00 AM			Exploring Poetry 10:30 AM			Lunch 12:00 PM		
Body Sculpt 12:30 PM			Watercolor & Oil 1:00 PM			Lunch 12:00 PM			Lunch 12:00 PM			Setback 12:30 PM		
Pinochle 12:30 PM			Advanced Tai Chi 1:30 PM			Body Sculpt/Social Bridge 12:30 PM			Square Dancing 12:30 PM			Cribbage 12:45 PM		
Biking 1:00 PM			Beginner Tai Chi 2:30 PM			Dominoes 12:45 PM			Duplicate Bridge 12:30 PM					
Music Circle 1:00 PM						Light & Lively 1:20 PM			Hand & Foot/Quilting 1:00 PM					
Light & Lively 1:20 PM						Yoga 2:20/3:20 PM			Zumba Gold 2:30 PM					
Yoga 2:20/3:20 PM														
			Foot Care—By Appointment											
AARP Smart Driver Course 8:45 AM 28			Beginner Line Dancing 10:00 AM 29			Friendship Circle 8:30 AM 30			Exploring Memoir 9:00 AM 31			Available every day: 8:30 AM—4:15 PM Billiards Computer Room		
Walking Group 9:00 AM			Advanced Line Dancing 11:00 AM			Walking Group 9:00 AM			Samba 9:00 AM					
Ceramics 9:30 AM			Lunch 12:00 PM			Stronger Seniors 9:15 AM			Scrabble 9:30 AM					
Strength & Flex 10:00 AM			Mahjong 12:30 PM			Blood Pressure Drop In 9:30 AM			Exploring Poetry 10:30 AM					
Light & Lively 11:00 AM			Watercolor & Oil 1:00 PM			Strength & Flex 10/11:00 AM			Halloween Party! 11:30 AM					
Lunch 12:00 PM			Advanced Tai Chi 1:30 PM			Birthdays Lunch 12:00 PM			Square Dancing 12:30 PM					
Body Sculpt 12:30 PM			Beginner Tai Chi 2:30 PM			Body Sculpt/Social Bridge 12:30 PM			Duplicate Bridge 12:30 PM					
Pinochle 12:30 PM						Dominoes 12:45 PM			Hiking 1:00 PM					
Music Circle 1:00 PM						Light & Lively 1:20 PM			Hand & Foot/Quilting 1:00 PM					
Light & Lively 1:20 PM						Yoga 2:20/3:20 PM			Zumba Gold 2:30 PM					
Yoga 2:20/3:20 PM														