

Monday	Tuesday	Wednesday	Thursday
<p>3</p> <p>8am-3:45 Exercise/Fitness Room 8:45 Strong Bones 10am Silver Sneakers 12pm Brunch 1pm Devotions w/Beth Ann</p>	<p>4</p> <p>8am-3:45 Exercise/Fitness Room 10am Knitting Hearts Dinner Music w/Jerry Ivory 12pm Lunch 1pm Bingo/Silver Sneakers 2:15 Silver Sneakers</p>	<p>5</p> <p>8am-3:45 Exercise/Fitness Room 9-12pm Line Dancing/Wii Bowling 12pm Lunch 1pm Bingo 2:30-3:30 Crafts</p>	<p>6</p> <p>8am-3:45 Exercise/Fitness Room 8:45 Strong Bones 10am Silver Sneakers 12pm Lunch 1pm Bingo/Yoga Meadows Trip Saturday the 8th Basket Party 12pm Drawing at 3pm * need not be present</p>
<p>10</p> <p>8am-3:45 Exercise/Fitness room 8:45 Strong Bones 10am Silver Sneakers 11am Gospel Sing w/Barry Pot Luck Lunch 1pm Women of the Bible Cam Tran Trip 6pm Horseshoes w/Janet 6:30pm Pinochle</p>	<p>11</p> <p>8am-3:45 Exercise/Fitness Room 10am Knitting Hearts 12pm Lunch 1pm Bingo/Silver Sneakers 2:15 Silver Sneakers</p>	<p>12</p> <p>8am-3:45 Exercise/Fitness Room 9-12pm Line Dancing/Wii Bowling 12pm Lunch 1pm Bingo</p>	<p>13</p> <p>8am-3:45 Exercise/Fitness Room 10am Silver Sneakers 8:45 Strong Bones 12pm Lunch 1pm Bingo 1pm Yoga</p>
<p>17</p> <p>8am-3:45 Exercise/Fitness room 8:45 Strong Bones 10am Silver Sneakers 11am Brunch and Chatter with the Chatterbug Society 6pm Horseshoes w/Janet 6:30pm Pinochle</p>	<p>18</p> <p>8am-3:45 Exercise/Fitness Room 10am Knitting Hearts Dinner Music w/Jerry Ivory 12pm Lunch 1pm Bingo/Silver Sneakers 2:15 Silver Sneakers</p>	<p>19</p> <p>8am-3:45 Exercise/Fitness Room 9-12pm Line Dancing/Wii Bowling 12pm Lunch 1pm Bingo 2:30-3:30 Snack Attack</p>	<p>20</p> <p>8am-3:45 Exercise/Fitness Room 8:45 Strong Bones 10am Silver Sneakers 12pm Lunch 1pm Bingo 1pm Yoga</p>
<p>24</p> <p>8am-3:45 Exercise/Fitness room 8:45 Strong Bones 10am Silver Sneakers Cam Tran Trip 11am Family Feud 12pm Pizza with Tina and Amy 6pm Horseshoes w/Janet 6:30pm Pinochle</p>	<p>25</p> <p>8am-3:45 Exercise/Fitness Room 10am Knitting Hearts 12pm Lunch 1pm Bingo/Silver Sneakers 2:15 Silver Sneakers</p>	<p>26</p> <p>8am-3:45 Exercise/Fitness Room 9-12pm Line Dancing/Wii Bowling 12pm Lunch 1pm Bingo</p>	<p>27</p> <p>8am-3:45 Exercise/Fitness Room 8:45 Strong Bones 10am Silver Sneakers 12pm Lunch 1pm Bingo 1pm Yoga</p>

EXERCISE AND FITNESS ROOM OPEN EVERY MON. WED. & FRI. 6PM TO 8PM



OCTOBER 31ST Don't Miss the **MONSTER MASH! With DJ Skiddy 11am**