





Monday	Tuesday	Wednesday	Thursday
<p>2</p> <p>8 a.m. – 3:45 p.m.- Exercise Room                      8:45 a.m. - Strong Bones                      10 a.m. – Silver Sneakers                      11:30 a.m. - Yoga                      12 p.m. – Lunch (\$2)                      6:30 p.m. – Pinochle/Exercise Rm.</p> 	<p>3</p> <p>8 a.m.-3:45 p.m. – Exercise Room                      10 a.m. - Board Games                      10:30 a.m. - Music w/Jerry Ivory                      12 p.m. – Lunch (Must Sign Up)                      1 p.m. – Bingo                      1 p.m. &amp; 2:15 p.m. Silver Sneakers</p>	<p>4</p> <p>8 a.m.-3:45 p.m.- Exercise Room                      9 a.m. – Noon – Line Dancing                      10 a.m. – Noon – Wii Bowling                      12 p.m. – Lunch (Must Sign Up)                      1 p.m. – Bingo                      2:30 p.m.- Craft (Must Sign Up)</p>	<p>5</p> <p>8 a.m. – 3:45 p.m.- Exercise Room                      8:45 a.m. - Strong Bones                      10 a.m. – Silver Sneakers                      12 p.m. - Lunch (Must Sign Up)                      1 p.m. - Bingo</p>
<p>9</p> <p>8 a.m. – 3:45 p.m.- Exercise Room                      8:45 a.m. - Strong Bones                      10 a.m. – Silver Sneakers                      11:30 a.m. - Yoga                      12 p.m. – Lunch (\$2)                      1 p.m.- Bible Study                      6:30 p.m. – Pinochle/Exercise Rm.</p>	<p>10</p> <p>8 a.m.-3:45 p.m. – Exercise Room                      10 a.m. - Board Games                      12 p.m. – Lunch (Must Sign Up)                      1 p.m. – Bingo                      1 p.m. &amp; 2:15 p.m. Silver Sneakers</p>	<p>11</p> <p>8 a.m.-3:45 p.m.- Exercise Room                      9 a.m. – Noon – Line Dancing                      10 a.m. – Noon – Wii Bowling                      12 p.m. – Lunch (Must Sign Up)                      1 p.m. – Bingo</p> 	<p>12</p> <p>8 a.m. – 3:45 p.m.- Exercise Room                      8:45 a.m. - Strong Bones                      10 a.m. – Silver Sneakers                      12 p.m. - Lunch (Must Sign Up)                      1 p.m. - Bingo</p>
<p>16</p> <p>8 a.m. – 3:45 p.m.- Exercise Room                      8:45 a.m. - Strong Bones                      10 a.m. – Silver Sneakers                      11:30 a.m. - Yoga                      12 p.m. – Lunch (\$2)                      6:30 p.m. – Pinochle/Exercise Rm.</p> 	<p>17</p> <p>8 a.m.-3:45 p.m. – Exercise Room                      10 a.m. - Board Games                      10:30 a.m. - Music w/Jerry Ivory                      12 p.m. – Lunch (Must Sign Up)                      1 p.m. – Bingo                      1 p.m. &amp; 2:15 p.m. Silver Sneakers</p>	<p>18</p> <p>8 a.m.-3:45 p.m.- Exercise Room                      9 a.m. – Noon – Line Dancing                      10 a.m. – Noon – Wii Bowling                      12 p.m. – Lunch (Must Sign Up)                      1 p.m. – Bingo                      2:30 p.m.- Snack Attack (Sign-Up)</p>	<p>19</p> <p>8 a.m. – 3:45 p.m.- Exercise Room                      8:45 a.m. - Strong Bones                      10 a.m. – Silver Sneakers                      12 p.m. - Lunch (Must Sign Up)                      1 p.m. - Bingo</p>
<p>23</p> <p>8 a.m. – 3:45 p.m.- Exercise Room                      8:45 a.m. - Strong Bones                      10 a.m. – Silver Sneakers                      11:30 a.m. - Yoga                      12 p.m. – Lunch (\$2)                      1 p.m.- Bible Study                      6:30 p.m. – Pinochle/Exercise Rm.</p>	<p>24</p> <p>8 a.m.-3:45 p.m. – Exercise Room                      10 a.m. - Board Games                      12 p.m. – Lunch (Must Sign Up)                      1 p.m. – Bingo                      1 p.m. &amp; 2:15 p.m. Silver Sneakers</p>	<p>25</p> <p>8 a.m.-3:45 p.m.- Exercise Room                      9 a.m. – Noon – Line Dancing                      10 a.m. – Noon – Wii Bowling                      12 p.m. – Lunch (Must Sign Up)                      1 p.m. – Bingo</p> 	<p>26</p> <p>8 a.m. – 3:45 p.m.- Exercise Room                      8:45 a.m. - Strong Bones                      10 a.m. – Silver Sneakers                      12 p.m. - Lunch (Must Sign Up)                      1 p.m. – Big Bingo</p>
<p>30</p> <p>8 a.m. – 3:45 p.m.- Exercise Room                      8:45 a.m. - Strong Bones                      10 a.m. – Silver Sneakers                      11:30 a.m. - Yoga                      12 p.m. – Halloween Party!!                      6:30 p.m. – Pinochle/Exercise Rm.</p>	<p>31</p> <p>8 a.m.-3:45 p.m. – Exercise Room                      10 a.m. - Board Games                      12 p.m. – Lunch (Must Sign Up)                      1 p.m. – Bingo                      1 p.m. &amp; 2:15 p.m. Silver Sneakers</p>	<p>Monday, Oct 30<sup>th</sup>. We will have a Halloween Party! We encourage you to dress up but do not require it! Please be sure to sign up and consider bringing a covered dish to share with everyone!</p>	