


# October 2009

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sat.</i>
			1 9:00 Silver Sneakers Muscular Strength 9:30 <b>Board Meeting</b> 10:00 Cards 11:30 Lunch <b>Red Hats</b>	2 10:00 Cards and Games 11:30 Lunch 12:30 Bingo	3 6:30 Pinochle Games
5 9:00 SilverSneakers Cardio Workout 10:00 Cards 11:30 Lunch 1:30 <i>Eye Health Program</i>	6 9:00 Silver Sneaker Muscular Strength 10:00 Cards 11:30 Lunch	7 10:00 Cards SilverSneakers Yoga 11:30 Lunch <b>12:30 Card Making</b> <b>1-3 Senior Outreach</b>	8 <b>8:30 Exercise Orientation</b> 9:00 Silver Sneakers Muscular Strength 10:00 Cards 11:30 Lunch	9 10:00 Cards and Games 11:30 Lunch 12:30 Bingo	10
12 <b>Columbus Day Closed</b>	13 9:00 Silver Sneaker Muscular Strength 10:00 Cards 11:30 Lunch <b>10-3 VNA Flu Shots</b> <b>5:30 Movie Night</b>	14 10:00 Cards SilverSneakers Yoga 11:30 Lunch <b>1:00 Flower Arranging</b> <b>10-12 Senior Outreach</b>	15 9:00 Silver Sneakers Muscular Strength 10:00 Cards 11:30 Lunch <b>12:30 HEAP Program</b>	16 10:00 Cards and Games 11:30 Lunch 12:30 Bingo	17 6:30 Pinochle Games
19 9:00 SilverSneakers Cardio Workout 10:00 Cards 11:30 Lunch 1:00 Line Dancing	20 9:00 Silver Sneaker Muscular Strength 10:00 Cards <b>10:30 EPIC</b> 11:30 Lunch <b>1:00 Health Insurance Forum</b>	21 10:00 Cards SilverSneakers Yoga 	22 9:00 Silver Sneakers Muscular Strength 10:00 Cards 11:30 Lunch	23 10:00 Cards and Games 11:30 Lunch 12:30 Bingo	24
26 9:00 SilverSneakers Cardio Workout 10:00 Cards 11:30 Lunch	27 9:00 Silver Sneaker Muscular Strength 10:00 Cards 11:30 Lunch <b>10-3 VNA Flu Shots</b> <b>6:00 October Fest</b>	28 10:00 Cards SilverSneakers Yoga 11:30 Lunch <b>12:30 Seasonal Plate Class</b> <b>3-5 Watercolor Class</b>	29 9:00 Silver Sneakers Muscular Strength 10:00 Cards 11:30 Lunch <b>12:45 Pinochle Tournament</b>	30 10:00 Cards and Games <b>10-12 BlueCross/BlueShield</b> 11:30 Lunch 12:30 Bingo	31