

OCTOBER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 A.M. YOGA 1:00 P.M. PITCH	4 10:00 A.M. BODY BASIC 1:00 P.M. HAND & FOOT	5 9:00 A.M. QI GONG 1:00 P.M. PITCH	6 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	7 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 12:30 P.M. MEDICARE BINGO 1:00 P.M. HAND & FOOT
10 9:00 A.M. YOGA 1:00 P.M. PITCH	11 10:00 A.M. BODY BASIC 1:00 P.M. HAND & FOOT	12 BIRTHDAY/ANNIV 9:00 A.M. QI GONG 11:30 A.M. BLOOD PRESSURE 1:00 P.M. MUSIC ON THE TRAIL	13 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 12:30 P.M. SCAM ALERTS CHIEF PETERS 1:00 P.M. LIVERPOOL RUMMY	114 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT
17 9:00 A.M. YOGA 12:30 P.M. CROSSMAKERS 1:00 P.M. PITCH	18 10:00 A.M. BODY BASIC 1:00 P.M. DOMINOES FOOT CLINIC	19 9:00 A.M. QI GONG 1:00 P.M.-2:00 P.M. FLU SHOT CLINIC	20 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC BINGO 10:30 A.M. TALK ABOUT BOOKS 1:00 P.M. LIVERPOOL RUMMY	21 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT
24 9:00 A.M. YOGA 1:00 P.M. PITCH	25 10:00 A.M. BODY BASIC 1:00 P.M. HAND & FOOT	26 9:00 A.M. QI GONG 12:30 P.M. FALL CLASS 1:00 P.M. PITCH	27 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 11:00-1:00 POTATO BAKE	28 8:30 a.m.or 9:30 a.m. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT
31 9:00 A.M. YOGA 1:00 P.M. HALLOWEEN PARTY				