

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| <p>2 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 10:30 Watercolor Art 11:00 Adv. Balance Class 12:30 Lunch 1:00 <i>Movie— Florence Foster Jenkins</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing</p> | <p>3 FLU SHOTS 10-1PM <u>Strength Training & Yoga cancelled</u></p> <p>8:30 Walking (3 mile) 9:15 Walking (2 mile) 10:00 Spanish 10:00 Chinese Mah Jongg 11:30 Chair Exercise (double classroom) 12:30 Lunch 1-3:45 Bridge (double classroom)</p> | <p>4 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p> | <p>5 8:15-9:00 Strength Tr 9:15-10:15 Yoga 8:30 Walking Cancelled 9:30 Walking Cancelled High Dose Flu Shots 10-12 (Double Room)</p> <p>10:00 Tech Help 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch TRIP 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba (new session)</p> | <p>6 8:15 Tai Chi 8:15-9:00 Strength Tr. * 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease 1:00 Bingo</p> |
| <p>9</p> <p>Columbus Day</p> <p>Senior Center Closed</p>  | <p>10 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Spanish 10:00 Chinese Mah Jongg 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic (new Session)</p> <p>6:30 Fire prevention</p> | <p>11 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p> | <p>12 8:15-9:00 Strength Tr 9:15-10:15 Yoga 8:30 Waling (3 mile) 9:30 Walking (2 Mile) 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba</p> <p>5-7pm flu shots Activity room</p> | <p>13 8:15 Tai Chi 8:15-9:00 Strength Tr. * 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease 2:00 Music Apprec.</p> |
| <p>16 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 10:30 Watercolor Art 11:00 Adv. Balance Class (last Session) 12:30 Lunch 1:00 <i>Movie— The Longest Ride</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing</p> | <p>17 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Spanish 10:00 Chinese Mah Jongg 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic</p> | <p>18 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:30 10:45 & 12:00 S.H.I.P Counselor 9:45 Creative Writing 10:00 Revolutionary War lecture 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p> | <p>19 8:15-9:00 Strength Tr 9:15-10:15 Yoga 8:30 Walking (3 mile) 9:30 Walking (2 mile) 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba</p> | <p>20 8:15 Tai Chi 8:15-9:00 Strength Tr. * 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:00 AARP Safe Driving 10:15 Strength Tr. 11:30 Chair Exercise 12:00 B/P Screening 12:30 Lunch</p> |
| <p>23 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 10:00 Balance Screening 11:00 Adv. Balance Class (new session) 12:00 Yoga Class 1:00 <i>Movie— On Golden Pond</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing</p> | <p>24 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Spanish 10:00 Chinese Mah Jongg 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic</p> | <p>25 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:30 10:45 & 12:00 S.H.I.P Counselor 9:45 Creative Writing 10:45 Chair Stretch & Tone 10:00 Memory & Aging 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p> | <p>26 8:15-9:00 Strength Tr 9:15-10:15 Yoga 8:30 Walking (3 mile) 9:30 Walking (2 mile) 10:00 Tech Help 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba</p> | <p>27 8:15 Tai Chi 8:15-9:00 Strength Tr. * 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease 1:00 Bingo</p> |
| <p>30 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2mile) 11:00 Adv. Balance Class 12:00 Yoga Class 1:00 <i>Movie— Beauty & the Beast</i> 1:00 H.O.P.E 1:30 Line Dancing</p> | <p>31 8:30-9:15 Strength Tr. 8:30 Walking (3mile) 9:15 Walking (2mile) 9:30-10:15 Yoga 10:00 Spanish 10:00 Chinese Mah Jongg 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic <i>Happy Halloween</i> 2:00 Talking About Books</p>  |  |  |  <p>*Class full</p> |

