

Events for October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 1:00PM Piano 2:00PM Mahjong</p>	<p>4</p> <p>9:30AM Walking 2:00PM Bridge Meals on Wheels</p>	<p>5</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 10:30AM Tai Chi 12:00PM Coloring Kits</p>	<p>6</p> <p>9:30AM Barre, Pilates, and Yoga 1:00PM Art Studio 2:00PM Needlework</p>	<p>7</p> <p>10:00AM Men's Group</p>
<p>10</p> <p>Closed for Columbus Day</p>	<p>11</p> <p>8:30AM Footcare 9:00AM - 12:00PM Flu Shot Clinic 9:30AM Walking 2:00PM Bridge Meals on Wheels</p>	<p>12</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 10:30AM Tai Chi</p>	<p>13</p> <p>9:30AM Barre, Pilates, and Yoga 1:00PM Art Studio 2:00PM Needlework</p>	<p>14</p> <p>9:00AM Senior Food Pantry 10:00AM Men's Group</p>
<p>17</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 1:00PM Piano 2:00PM Mahjong</p>	<p>18</p> <p>9:30AM Walking 2:00PM Bridge Meals on Wheels</p>	<p>19</p> <p>9:00AM Board Meeting 9:30AM Yoga 10:00AM Zoom Fitness 10:30AM Tai Chi 1:00PM Book Club 2:00PM Senior Hike SHINE Medicae</p>	<p>20</p> <p>9:30AM Barre, Pilates, and Yoga 1:00PM Art Studio 2:00PM Needlework</p>	<p>21</p> <p>10:00AM Men's Group</p>
<p>24/31</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 1:00PM Piano 2:00PM Mahjong</p>	<p>25</p> <p>8:30AM Footcare 9:30AM Walking 12:30PM Growing Places 2:00PM Bridge Meals on Wheels</p>	<p>26</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 10:30AM Tai Chi 1:00PM Health Lecture SHINE Medicae</p>	<p>27</p> <p>9:30AM Barre, Pilates, and Yoga 1:00PM Art Studio 2:00PM Needlework</p>	<p>28</p> <p>10:00AM Men's Group 12:00PM Grab & Go</p>