## CETON SENIOR CENTER Events Ctober 2022 TUESDAY WEDNESDAY **THURSDAY FRIDAY** MONDAY 9:30AM Yoga 9:30AM Walking 9:30AM **Yoga** 9:30AM 10:00AM Barre, Pilates, Men's Group 10:00AM 2:00PM Bridge 10:00AM and Yoga **Zoom Fitness** Zoom Fitness Meals on Wheels 1:00PM Art Studio 1:00PM Piano 10:30AM Tai Chi 2.00PM 12:00PM 2:00PM Mahjong Needlework **Coloring Kits** 8:30AM Footcare 9:30AM Yoga 9:30AM 9.00AM Closed for Barre, Pilates, **Senior** Columbus Day 9:00AM - 12:00PM 10:00AM **Food Pantry** and Yoga Flu Shot Clinic **Zoom Fitness** 1:00PM Art Studio 10:00AM 10:30AM Tai Chi 9:30AM Walking Men's Group 2.00PM 2:00PM Bridge Needlework Meals on Wheels **17** 9:30AM Yoga 9:30AM Walking 9:00AM 9:30AM 10:00AM **Board Meeting** Barre, Pilates, Men's Group 10.00AM 2:00PM Bridge and Yoga **Zoom Fitness** 9:30AM Yoga Meals on Wheels 1:00PM Art Studio 1:00PM Piano 10:00AM 2.00PM **Zoom Fitness** 2:00PM Mahjong Needlework 10.30AM Tai Chi 1:00PM Book Club 2.00PM Senior Hike SHINE Medicae 24/31 9:30AM 9:30AM Yoqa 8:30AM Footcare 9:30AM **Yoqa** 10:00AM

10:00AM **Zoom Fitness** 1:00PM Piano 2:00PM Mahjong 9:30AM Walking 12:30PM

**Growing Places** 2:00PM Bridge

Meals on Wheels

10:00AM Zoom Fitness 10:30AM Tai Chi 1:00PM

**Health Lecture SHINE Medicae**  Barre, Pilates, and Yoga 1:00PM Art Studio 2.00PM Needlework

Men's Group 12.00PM Grab & Go