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**TUE**

**WED**

**THU**

**FRI**

<p><i>Daily</i> 8:30-11:00 - Coffee Bar 8:30-2:30 - Fitness Room 8:30-2:30...Pool Room 11:30 - Takeout Lunch 12 - Congregate Lunch</p>	<p><b>1</b> 8 &amp; 9...Silver Sneakers Class 10...Family Feud 10...Pinochle 11...Chair Volleyball 12:30...<b>Social Hour</b></p>	<p><b>2</b> 8:30...Breakfast in the Café 9...Chair Yoga 9:45...Walking Club 10...8 Ball Billiards 10...Bible Study Discussion 10...Writing Workshop (wk 6) 11...Chair Exercise</p>	<p><b>3</b> 8 &amp; 9...Silver Sneakers Class 10...500 Bid Card Game 10...<b>Yarn Workers Club</b> 11...Chair Volleyball 12:30...Yoga</p>	<p><b>4</b> 9...Quarter Bingo 9...Parkinson's Exercise 9:45...Walking Club 10:15...Drumming Exercise 11...Show Me Your Muscles</p> 
<p><b>7</b> 8:30...Breakfast in the Café 9...T'ai Chi Chih 9...Chair Yoga 9:45...Walking Club 10...<b>Breakfast Briefing</b> 11...Chair Exercise</p>	<p><b>8</b> 8 &amp; 9...Silver Sneakers Class 9...<b>Halloween Parade Committee Meeting</b> 10...Boggle 10...Pinochle 11...Chair Volleyball</p> 	<p><b>9</b> 8:30...Breakfast in the Café 8:30 am...<b>Well-checks</b> 9...Chair Yoga 9:45...Walking Club 10...8 Ball Billiards 10...Bible Study Discussion 10...Writing Workshop (wk 7) 11...Chair Exercise</p>	<p><b>10</b> 8 &amp; 9...Silver Sneakers Class 9:30-11:30...Quilts for Kids 10...<b>Craft w/ WH Staff</b> 10...500 Bid Card Game 11...Chair Volleyball 12:30...Yoga</p>	<p><b>11</b> 9...Quarter Bingo 9:45...Walking Club 10:15...Drumming Exercise 11...Show Me Your Muscles</p> 
<p><b>14 Pop-up Market</b> 8:30...Breakfast (Café) 9...T'ai Chi Chih 9...Chair Yoga 9:45...Walking Club 11...Chair Exercise 11:30...<b>Pop-up Market</b></p> 	<p><b>15</b> 8 &amp; 9...Silver Sneakers Class 10...Word Link 10...Pinochle 11...Chair Volleyball 12:30...<b>Social Hour</b></p>	<p><b>16</b> 8:30...Breakfast in the Café 9...Chair Yoga 9:45...Walking Club 10...8 Ball Billiards 10...Writing Workshop (wk 8) 10...<b>Paint w/ Pat</b> 11...Chair Exercise</p> 	<p><b>17</b> 8 &amp; 9...Silver Sneakers Class 10...<b>Book Club</b> 10...<b>Yarn Workers Club</b> 10...500 Bid Card Game 11...Chair Volleyball 12:30...Yoga</p>	<p><b>18</b> 9...Quarter Bingo 9...Parkinson's Exercise 9:45...Walking Club 10:15...Drumming Exercise 11...Show Me Your Muscles</p> 
<p><b>21</b> 8:30...Breakfast in the Café 9...T'ai Chi Chih 9...Chair Yoga 9:45...Walking Club 10...<b>Scrapbooking w/ Bev</b> 10...<b>Wondrium: Crimes of the Century 7 &amp; 8</b> 11...Chair Exercise</p>	<p><b>22</b> 8 &amp; 9...Silver Sneakers Class 10...Charades 10...Pinochle 11...Chair Volleyball</p>	<p><b>23</b> 8:30...Breakfast in the Café 9...Chair Yoga 9...<b>Book Folding w/ Amanda</b> 9:45...Walking Club 10...8 Ball Billiards 11...Chair Exercise</p>	<p><b>24 Delaware Park</b> 8 &amp; 9...Silver Sneakers Class 10...500 Bid Card Game 10...<b>Wondrium: Medical Myths, Lies, and Half-Truths</b> 11...Chair Volleyball 12:30...Yoga</p>	<p><b>25</b> 8:30...<b>Blood Pressure Checks</b> 9...Quarter Bingo 9...Parkinson's Exercise 9:45...Walking Club 10:15...Drumming Exercise 11...Show Me Your Muscles</p> 
<p><b>28</b> 8:30...Breakfast in the Café 9...T'ai Chi Chih 9...Chair Yoga 9:15...<b>Monday Bingo</b> 9:45...Walking Club 11...Chair Exercise</p> 	<p><b>29</b> 8 &amp; 9...Silver Sneakers Class 10...Word Guess 10...Pinochle 11...Chair Volleyball</p>	<p><b>30</b> 8:30...Breakfast in the Café 8:30-12...Chair Massage 9...Chair Yoga 9:30...<b>Watercolor w/ Katie</b> 9:45...Walking Club 10...8 Ball Billiards 11...Chair Exercise 11:30...<b>Hanover Garden Club</b></p> 	<p><b>31</b> 8 &amp; 9...Silver Sneakers Class 10...<b>Birthday/Anniversary Party fea. Jerry Overby</b> 10...500 Bid Card Game 11...Chair Volleyball 12:30...Yoga</p> 	<p>Mon / Wed - Open Gym - 60+ Basketball 8:30-10 Mon/Fri Begin. Pickleball 1 pm Tues/Wed/Thurs. Pickleball 1 pm *** GLATCO Credit Union Mini Branch Open Thursdays 9:30-11:30 am</p>

\*Activities may change if conditions warrant.