














MON

TUE

WED

THU

FRI

<p><u>Mon, Tues, Weds</u> 11:30 - Drive Thru Lunch 12 - Congregate Lunch <u>Monday thru Friday</u> 8:30-2:30 - Fitness Room 8:30-10:00 - Coffee Bar 8:30-2:30...Pool Room</p>	<p><i>Mon / Wed - Open Gym - 60+ Basketball 8:30-10</i></p> <p>Thursday Morning - 8:30 to 10 - Breakfast in the Café (except 10/14 & 10/21 - Buy a ticket for Leo's Breakfast!)</p>		 <p>"Autumn is a second spring when every leaf is a flower." -Albert Camus</p> 	<p>1</p> <p>8:30...Shuffleboard 9-11...Matter of Balance 9...Quarter Bingo 9:30...Parkinson's Class 10:15...Boogie & Boxing 10...Tap Dance Class 10...Walking Club 11...Chair Exercise</p> 
<p>4</p> <p>9...T'ai Chi Chih 10...Walking Club 10...Council Meeting w/John Pepsin 11...Chair Exercise</p> 	<p>5</p> <p>8 & 9...Silver Sneakers Classic 10...Family Feud 11...Line Dancing 11...Chair Volleyball 1...Pickleball 1...Ballroom Dancing</p>	<p>6</p> <p>8:30...SG EMS Well Checks 9...Card Playing 9...Chair Yoga 9:30...WWI (last) 10...County Nutritionist 10...Poker 10...Walking Club 11...Chair Exercise</p>	<p>7</p> <p>8:30-12...Chair Massage (apt req) 8 & 9...Silver Sneakers Classic 10...Pinochle 10...Craft 11...Chair Volleyball 12:30...Yoga 1...Pickleball 1...Memory Café - RSVP</p>	<p>8</p> <p>8:30...Shuffleboard 9-11...Matter of Balance 9...Quarter Bingo 9:30...Parkinson's Class 10:15...Boogie & Boxing 10...Tap Dance Class 10...Walking Club 11...Chair Exercise</p> 
<p>11 Center Closed for</p> 	<p>12</p> <p>8 & 9...Silver Sneakers Classic 10...Emergency Preparedness Speaker 11...Line Dancing 11...Chair Volleyball 1...Pickleball 1...Ballroom Dancing 5...Quilts for Kids</p>	<p>13 UPMC FLU CLINIC</p> <p>9-12...Flu Clinic Call for Appt 9...Card Playing 9...Chair Yoga 10...Poker 10...Walking Club 10...Dancing thru the Decades 11...Chair Exercise</p>	<p>14 Apple Dumplings NO BREAKFAST 8 & 9...Silver Sneakers Classic 10...Pinochle 11...Chair Volleyball 12:30...Yoga 1...Pickleball Penn's Peak Trip</p>	<p>15 Center Closed for</p> 
<p>18</p> <p>9...T'ai Chi Chih 9...Halloween Movie- "Cruella" 9:30...Dime Bingo 10...Walking Club 11...Chair Exercise</p> 	<p>19</p> <p>8 & 9...Silver Sneakers Classic 10...Bible Study w/Pastor Allison 11...Line Dancing 11...Chair Volleyball 1...Pickleball 1...Ballroom Dancing</p>	<p>20</p> <p>9...Card Playing 9...Chair Yoga 10...Poker 10...Walking Club 10...Dancing thru the Decades 11...Chair Exercise</p> 	<p>21 Leo's Breakfast \$5 8:30 am</p> <p>8:30-12...Chair Massage (apt req) 8 & 9...Silver Sneakers Classic 10...Book Club 10...Pinochle 11...Chair Volleyball 12:30...Yoga-Cx 1...Pickleball 1...Memory Café - RSVP</p>	<p>22</p> <p>8:30...Blood Pressure Checks 8:30...Shuffleboard 9-11...Matter of Balance 9...Quarter Bingo 9:30...Parkinson's Class 10:15...Boogie & Boxing 10...Tap Dance Class 10...Walking Club 11...Chair Exercise</p> 
<p>25</p> <p>9...T'ai Chi Chih 10...Scrapping with Bev 10...Health Video: Building a Pain Management Team 10...Walking Club 11...Chair Exercise</p>	<p>26</p> <p>8 & 9...Silver Sneakers Classic 10...Now You Have It... 11...Line Dancing 11...Chair Volleyball 1...Pickleball 1...Ballroom Dancing</p>	<p>27</p> <p>9...Card Playing 9...Chair Yoga 10...Poker 10...Walking Club 10...Dancing thru the Decades 11...Chair Exercise</p>	<p>28</p> <p>8 & 9...Silver Sneakers Classic 10...Birthday/Anniversary Party fea. DJ Pebbles 12:30...Yoga 1...Pickleball</p> 	<p>29</p> <p>8:30...Shuffleboard 9-11...Matter of Balance 9...Quarter Bingo 9:30...Parkinson's Class 10:15...Boogie & Boxing 10...Tap Dance Class 10...Walking Club 11...Chair Exercise</p> 

* Activities may change if conditions warrant.