

| Mon                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Tue                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Wed                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Thu                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Fri                                                                                                                                                                                                                                                                                                       |
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| <b>DAILY</b><br>8:30-11:00 - Coffee Bar<br>8:30-2:30 - Fitness Room<br><i>(Located inside of the Cafeteria)</i><br>11:30 - Grab & Go Lunch<br>12 - Congregate Lunch<br><br><b>LEGEND:</b><br> = Sign up REQUIRED, A = Auditorium, C = Café, CA = Cafeteria,<br>CO = Conference Room, D-CA = Dance Floor of CA, CR = Craft Room,<br>G = Glass Room, W = Wellness Room                            | <b>GLATCO Credit Union</b><br>Mini Branch Open<br>Thursdays 9:30-11:30 am<br><u>Located in the Wellness Room</u><br><br>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>1 Breast Cancer Awareness - WEAR PINK</b><br>8:30- Breakfast in the Café \$ <br>9- Chair Yoga \$ /Lobby<br>9:30- <b>Card Making w/ Sue/CA</b><br>10:15- Walking Club /C<br>10:15- <b>Bible Study Disc.</b> /G<br>10:15- Chair Exercise /D-CA<br>11:15-Show Me Your Muscles/D-CA<br>12:30- Chair Volleyball /Lobby                                                                               | <b>2</b><br>8:30- Silver Sneakers \$ /D-CA <br>10- 500 Bid Card Game /C<br>10- <b>Joe Clark Drum Circle</b> /CA<br>11:15- Chair Volleyball /Lobby<br><b>12:30- Yarn Workers Club</b> /CA                                                                                                                                                                                                      | <b>3</b><br>8:45- Chair Yoga \$ /Lobby<br>9- Friday <b>Bingo</b> \$ /CA<br>10- Tap Dancing \$ /Lobby<br>10:15- Drumming Exercise /G                                                                                                                                                                       |
| <b>6</b><br>8:30- Breakfast in the Café \$ <br>9- Chair Yoga \$ /Lobby<br>10- <b>Halloween Mask Craft</b> \$/CR <br>10- <b>Creative Writers Group</b> /G<br>11:15- Chair Exercise /Lobby                                                                                                                      | <b>7</b><br>8:30- Silver Sneakers \$ /D-CA <br>8:30- Tai Chi Chih \$ /Lobby <br>9- <b>Baltimore Screen Painting</b> \$ /CA <br>10- Pinochle /C<br>10- <b>Int. Line Dancing</b> \$ /D-CA<br>11- <b>Adv. Line Dancing</b> \$ /D-CA<br>11:15- Chair Volleyball /Lobby<br>1- Hatha Yoga \$ /D-CA                                                                                                                                                                                                                                                                          | <b>8</b><br>8:30- Breakfast in the Café \$ <br>9- Chair Yoga \$ /Lobby <br>10:15- Walking Club /C<br>10:15- <b>Bible Study Disc.</b> /G<br>10:15- Chair Exercise /D-CA<br>11:15-Show Me Your Muscles/D-CA<br>12:30- Chair Volleyball /Lobby                                                                     | <b>9 Apple Dumpling Making Day</b><br>8:30-Silver Sneakers \$/Lobby <br>10- 500 Bid Card Game /C<br>10- <b>Book Club</b> /CO<br>11:15- Chair Volleyball /Lobby<br>1- <b>Silver Triangle Meeting</b> /G                                                                                                                                                                                        | <b>10 Apple Dumpling Selling Day</b><br><b>World Mental Health Day-WEAR GREEN</b><br>8:45- Chair Yoga \$ /Lobby<br>9- Friday <b>Bingo</b> \$ /CA<br>9- <b>Parkinson's Exercise</b> /Y<br>10- Tap Dancing \$ /Lobby<br>10:15- Drumming Exercise /G                                                         |
| <b>13 Center is Closed</b><br>                                                                                                                                                                                                                                                                                                                                                                  | <b>14</b> 8:30-Silver Sneakers \$/D-CA <br>8:30- Tai Chi Chih \$ /Lobby <br>10- Pinochle /C<br>10- <b>Coffee &amp; Discussion</b> /C<br>10- <b>Int. Line Dancing</b> \$ /D-CA<br>11- <b>Adv. Line Dancing</b> \$ /D-CA<br>11- <b>Dominoes</b> /CA<br>11:15- Chair Volleyball /Lobby<br>12:30p- <b>Diabetes Prevention</b> /G <br>1- Hatha Yoga \$ /D-CA <br>5- <b>Quilts for Kids</b> /CA                                                                                                                                                                             | <b>15</b><br>8:30- Breakfast in the Café \$ <br>8:30- <b>Wellness Check's</b> /W <br>9- Chair Yoga \$ /Lobby<br>9:30- <b>Paint with Pat</b> \$ /CA<br>10:15- Walking Club /C<br>10:15- <b>Devotions</b> /CO<br>10:15- Chair Exercise /D-CA<br>11:15-Show Me Your Muscles/D-CA<br>12:30- Chair Volleyball /Lobby | <b>16 Center is Closed</b><br><b>Staff Training Day</b><br>                                                                                                                                                                                                                                                                                                                                   | <b>17</b><br>8:45- Chair Yoga \$ /Lobby<br>9- Friday <b>Bingo</b> \$ /CA<br>10-12- <b>Vaccine Clinic</b> /W <br>10- Tap Dancing \$ /Lobby<br>10:15- Drumming Exercise /G                                               |
| <b>20</b><br>8:30- Breakfast in the Café \$ <br>8:30- <b>Chair Massage</b> \$ (by appt) <br>9- Chair Yoga \$ /Lobby<br>10- <b>Birthday/Anniversary Party</b><br><b>fea. Derek Reed</b> /CA<br>10- <b>Scrapbooking with Bev</b> /CR<br><b>12:30- Chair Exercise</b> /D-CA<br>5- <b>Quilts for Kids</b> /CA | <b>21</b> 8:30-Silver Sneakers \$/D-CA <br>8:30- Tai Chi Chih \$ /Lobby <br>10- Pinochle /C<br>10- <b>Grief &amp; Loss Support</b> /G<br>10- <b>Watercolor Class</b> \$ /CA <br>10- <b>Int. Line Dancing</b> \$ /D-CA<br>11- <b>Adv. Line Dancing</b> \$ /D-CA<br>11- <b>Dominoes</b> /CA<br>11:15- Chair Volleyball /Lobby<br>1- Hatha Yoga \$ /D-CA                                                                                                                                                                                                          | <b>22</b><br>8:30- Breakfast in the Café \$ <br>9- Chair Yoga \$ /Lobby<br>9- <b>Trivia Challenge</b> /CA<br>10:15- Walking Club /C<br>10:15- <b>Devotions</b> /CO<br>10:15- Chair Exercise /D-CA<br>11:15-Show Me Your Muscles/D-CA<br>12:30- Chair Volleyball /Lobby                                                                                                                           | <b>23</b><br>8:30- Silver Sneakers \$ /D-CA <br>9:30 - 11:30- <b>Quilts for Kids</b> /CA<br>10- 500 Bid Card Game /C<br>11:15- Chair Volleyball /Lobby<br>12:30- <b>Yarn Workers Club</b> /CA<br>1- <b>Silver Triangle Meeting</b> /G                                                                                                                                                       | <b>24</b><br>8:45- Chair Yoga \$ /Lobby<br>9- Friday <b>Bingo</b> \$ /CA<br>9- <b>Parkinson's Exercise</b> /Y<br>10- Tap Dancing \$ /Lobby<br>10:15- Drumming Exercise /G                                                                                                                                 |
| <b>27 Wear AUTUMN HARVEST</b><br>8:30- Breakfast in the Café \$ <br>9- Chair Yoga \$ /Lobby<br>9:15- <b>Monday Bingo</b> \$ /CA<br>10- <b>Creative Writers Group</b> /G<br>11:15- Chair Exercise /D-CA                                                                                                                                                                                       | <b>28 Wear HALLOWEEN SOCKS &amp; SHIRTS</b><br><b>Root's Bus Trip</b><br>8:30- Silver Sneakers \$ /D-CA <br>8:30- <b>Veteran's Outreach</b> (by appt) <br>8:30- Tai Chi Chih \$ /Lobby <br>10- Pinochle /C<br>10- <b>Now You Have It (\$5 GIFT)</b> /G<br>10- <b>Int. Line Dancing</b> \$ /D-CA<br>11- <b>Adv. Line Dancing</b> \$ /D-CA<br>11- <b>Dominoes</b> /CA<br>11:15- Chair Volleyball /Lobby<br>12:30p- <b>Diabetes Prevention</b> /G <br>1- Hatha Yoga \$ /D-CA  | <b>29 Wear WITCHES &amp; WIZARDS COSTUMES</b><br>8:30- Breakfast in the Café \$ <br>9- Chair Yoga \$ /Lobby<br>9- <b>PA MEDI (appt only)</b><br>10- <b>History of Rev. Lischey</b> /CA<br>10:15- Walking Club /C<br>10:15- <b>Devotions</b> /CO<br>10:15- Chair Exercise /Lobby<br>11:15-Show Me Your Muscles/D-CA<br>12:30- Chair Volleyball /Lobby                                             | <b>30 Wear COSTUME/ YOUR COSTUME FOR THE CONTEST</b><br>8:30-Silver Sneakers \$ /D-CA <br>10- 500 Bid Card Game /C <br>10- <b>Halloween Party &amp; Costume Contest</b> /CA<br><br>12:30- Chair Volleyball /Lobby | <b>31</b> <br>Wear HALLOWEEN HEADWEAR & ACCESSORIES<br>8:30- <b>Blood Pressure Checks</b><br>8:45- Chair Yoga \$ /Lobby<br>9- Friday <b>Bingo</b> \$ /CA<br>10- Tap Dancing \$ /Lobby<br>10:15- Drumming Exercise /G |

\*Activities may change if conditions warrant.