





Activity Calendar October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Morning Bites 8-10 Fit After 50 9-10 Painting Class 10-11 Tap Dance 1030-1130 Wii Bowling 1-3 pm Piano with Bette 1-2:30	3 Morning Bites 8-10 Pinochle 12-4 Mah Jongg 1-4 Arts Class 2-3	4 Morning Bites 8-10 Fit After 50 9-10 Cooking with Melvin 10-11 Mexican Train 10-12 Bingo 1-3	5 Morning Bites 8-10 Tai Chi 930-1030 Pinochle 12-4 Computer Tutor w Ken 1-2 Coloring Class 1-3 Bereavement Group 2-3 Karaoke 1230-2	6 Morning Bites 8-10 Fit After 50 9-10 TOPS 10-1130 Bingo 1-3 Hula 230-330
9 Morning Bites 8-10 Fit After 50 9-10 Painting Class 10-11 Tap Dance 1030-1130 Wii Bowling 1-3 pm Piano with Bette 1-2:30	10 Morning Bites 8-10 Senior Advocates 9-12 Pinochle 12-4 JFS- Let's Do Lunch! 12-2 Mah Jongg 1-4 Arts Class 2-3	11 Morning Bites 8-10 Fit After 50 9-10 Mexican Train 10-12 Movie- "DC League of Super-Pets" 11-1 Bingo 1-3	12 Morning Bites 8-10 Tai Chi 930-1030 Nutrition Presentation Spanish 1030 Nutrition Presentation English 1130 Pinochle 12-4 Computer Tutor w Ken 1-2 Coloring Class 1-3 Bereavement Group 2-3 Karaoke 1230-2	13 Morning Bites 8-10 Fit After 50 9-10 TOPS 10-1130 Bingo 1-3 Hula 230-330 BIRTHDAY PARTY 12-1 
16 Morning Bites 8-10 Fit After 50 9-10 Painting Class 10-11 Tap Dance 1030-1130 Wii Bowling 1-3 pm Piano with Bette 1-2:30	17 Morning Bites 8-10 Farmer's Market 9-11 Pinochle 12-4 Words of Wisdom 130 Mah Jongg 1-4 Arts Class 2-3	18 Morning Bites 8-10 Fit After 50 9-10 Mexican Train 10-12 Cooking with Melvin 10-11 Bingo 1-3	19 Morning Bites 8-10 Tai Chi 930-1030 CSFP Distribution 10-12 Pinochle 12-4 Computer Tutor w Ken 1-2 Coloring Class 1-3 Bereavement Group 2-3 Karaoke 1230-2	20 Morning Bites 8-10 Fit After 50 9-10 TOPS 10-1130 Bingo 1-3 Hula 230-330
23 Morning Bites 8-10 Fit After 50 9-10 Painting Class 10-11 Tap Dance 1030-1130 Wii Bowling 1-3 pm Piano with Bette 1-2:30	24 Morning Bites 8-10 Senior Advocates 9-12 JFS- Let's Do Lunch! 12-2 Pinochle 12-4 Mah Jongg 1-4 Arts Class 2-3	25 Morning Bites 8-10 Fit After 50 9-10 Mexican Train 10-12 Movie- "Hotel Transylvania" 11-1 Bingo 1-3	26 Morning Bites 8-10 Tai Chi 930-1030 Free Health Seminar 1030 Pinochle 12-4 Computer Tutor w Ken 1-2 Coloring Class 1-3 Bereavement Group 2-3 Karaoke 1230-2	27 Morning Bites 8-10 Fit After 50 9-10 TOPS 10-1130 Bingo 1-3 Hula 230-330
30 Morning Bites 8-10 Fit After 50 9-10 Painting Class 10-11 Tap Dance 1030-1130 Wii Bowling 1-3 pm Piano with Bette 1-2:30	31 Morning Bites 8-10 Pinochle 12-4 Mah Jongg 1-4 Arts Class 2-3 HALLOWEEN PARTY 12-3			NEW THIS MONTH: <ul style="list-style-type: none"> • Tai Chi Class returns—Oct 5th • Nutrition Presentation Oct. 12th 1030-1230p.m. • Birthday Party—Oct 13th 12-1p.m. • Free Health Seminar—Oct 26th 1030-1130a.m. • Halloween Party—Oct 31st 12-3.