

OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
8-9 Silver Sneakers 8:30-4 Card Playing 9-10 SilverSneakers 9-4:30 Billiards 9-10 Sing-A-Long 10-11:30 Brain Games 10:00-2 Open Pottery 12:30-1:30 Stretch 4 Life 1:15-3:15 Bridge 1:30-3:00 Line Dancing 3:00-4:00 Beginners Line Dance	9-4:30 Billiards 9-10 Enhance Fitness 10-11:30 Brain Games 10:30-12 Bible Study 9:00-12:00 Piano Lessons 1-2:30 BDOMLSF 2-4:00 Member Computer Time	8-9 SilverSneakers 8:30-4 Card Playing 9-2 Massage Therapy 9-10 SilverSneakers 9-4:30 Billiards 10-11:30 Brain Games 10-12 Songsters Unlimited 12:30-1 Stretch 4 Life 1:00-4:00 Pottery Class 2:30-4:30 Rubberstamping	8:30-4 Card Playing 9-10 Enhance Fitness 9-4:30 Billiards 9:30-11 Computer Club 9-12 Piano Lessons 10-11:30 Brain Health Workshop 10-11:30 Brain Games 10-12 Knit & Crochet 10:45-12 Poetry & Discussion 1-2:30 Spanish Class 1-2:30: Line Dance 1-3 Senior Environment 2:00-3:30 Spanish 2:30-3:30 Adult Coloring 2-4:00 Member Computer Time	8-9 SilverSneakers 8:30-4 Card Playing 8:30-4:30 Massage Therapy 9-10 SilverSneakers 9-12 Painting w/ Jim 9-4:30 Billiards 10-11:30 BrainGames 9:30-11:30 Men's Gathering 10:15-11:30 Yoga 12:00-4Open Pottery 1-2:30 Sewing Class 1:00-3 Movie Time
1	2	3	4	5
8	9 1pm Cell Phone Workshop	10	11	12
15	16 Harlem Tour Trip	17	18	19
22	23 1 pm Fall into Fashion—Fashion show	24	25 Lion King Trip	26
29	30 1pm African American Journeys	31		

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