



Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:10 AM Yoga Class 10:30 AM Stretch & Flex	2 *9AM-12PM Flu/COVID Vaccine Clinic 10:30 AM Core Builders 1:00 PM Dominoes/Pinochle	3 10:30 AM Super Circuit 1:00 PM Game Time
6 10:30 AM Balance Boosters 1:00 PM U DECIDE Game 1:30 PM MahJongg	7 *8:00 AM Breakfast Trip: Blueberry Hill 10:30 AM Fitness Fusion 1:00 PM Bingo	8 10:10 AM Yoga Class 10:30 AM Stretch & Flex 1:00 PM Bridge	9 10:30 AM Core Builders 1:00 PM Dominoes/Pinochle	10 10:30 AM Super Circuit 1:00 PM Game Time
13 10:30 AM Balance Boosters 1:00 PM U DECIDE Game 1:30 PM MahJongg	14 10:30 AM Fitness Fusion *11:00 AM Lunch Out: Pomegranate Cafe	15 *10:00 AM Birthday & Anniversary Party	16 10:30 AM Core Builders 1:00 PM Dominoes/Pinochle	17 10:30 AM Super Circuit 1:00 PM Game Time
				18 CRAFT FAIR! 10AM-3PM
20 10:30 AM Balance Boosters 1:00 PM U DECIDE Game 1:30 PM MahJongg	21 *8:00 AM Breakfast Trip: Cracker Barrel 10:30 AM Fitness Fusion 1:30 PM Book Club	22 10:10 AM Yoga Class 10:30 AM Stretch & Flex <u>11:15 AM Supportive Living</u> <u>Info Presentation</u> 1:00 PM Bridge	23 10:30 AM Core Builders	24 10:30 AM Super Circuit 1:00 PM Game Time
27 <u>10:30 AM Learn & Live Well</u> <u>Presentation by Kate</u> <u>11:15 AM Ayurveda</u> <u>Therapies/Massage</u> <u>Presentation</u> 1:00 PM U DECIDE Game 1:30 PM MahJongg	28 10:30 AM Fitness Fusion *11:00 AM Lunch Out: Jason's Deli 1:00 PM Bingo	29 10:10 AM Yoga Class 10:30 AM Stretch & Flex	30 *1:00 PM Jack-o-Lantern Jubilee Halloween Party!	31 10:30 AM Super Circuit 1:00 PM Game Time