

OCTOBER 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Classes are subject to change without notice Please call ahead to confirm Day and Time		1 8:00 Billiards - <i>until 4 pm</i> 8:00 Haircuts Deb 8:30 Stan's Watercolor Class 8:45 Yoga 1:00 Mah Jongg 1:00 Pinochle, Setback & Cards 1:00 Wii Games 2:30 Tops Meeting	2 8:00 Breakfast served until Noon 8:00 Billiards - <i>until 1 pm</i>
4 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Stretch Class 10:00 Line Dancing 12:30 Quilt Club 1:00 Cards 1:00 Computer Club 1:00 Healthy Steps	5 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:30 Stan's Watercolor Class 8:45 Kathy's Senior Fitness 9:00 Beading 12:30 Ping Pong 1:00 Cards 1:00 Intermediate Bridge	6 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Senior Fitness 1:00 Setback & Cards 1:00 Hand & Foot 1:00 Setback & Cards 1:00 Wii Games	7 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:00 Blood Pressure Screening 8:45 Basic Nutrition with Beth 8:45 Kathy's Senior Fitness 9:30 Chess 10:00 Needlecrafters 1:00 Cards 12:30 Ping Pong 1:30 Better Breathers Support	8 8:00 Billiards - <i>until 4 pm</i> 8:30 Stan's Watercolor Class 8:45 Yoga 1:00 Mah Jongg 1:00 Pinochle, Setback & Cards 1:00 Wii Games 2:30 Tops Meeting	9 8:00 Breakfast served until Noon 8:00 Billiards - <i>until 1 pm</i>
11 CLOSED COLUMBUS DAY HOLIDAY	12 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:30 Stan's Watercolor Class 8:45 Kathy's Senior Fitness 9:00 Roberta's Haircuts (By Appt.) 9:00 Beading 12:30 Ping Pong 1:30 Intermediate Bridge 1:30 Cards 1:00 Phylis Bridge	13 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Senior Fitness 9:00 Hearing with Bob 12:45 Select Medical 1:00 Book Chat 1:00 Setback & Cards 1:00 Hand & Foot 1:00 Wii Games	14 7:45 Kathy's Weight Training 7:30 Diabetes Screening (fasting) 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Senior Fitness 9:30 Chess 10:00 Needlecrafters 10:30 Widow/Widowers 12:30 Ping Pong 1:00 Setback & Cards	15 8:00 Billiards - <i>until 4 pm</i> 8:30 Stan's Watercolor Class 8:45 Yoga 12:45 Attorney Stillman 11:00 Cholesterol Screening 1:00 Mah Jongg 1:00 Pinochle, Setback & Cards 1:00 Wii Games 2:30 Tops Meeting	16 8:00 Breakfast served until Noon 8:00 Billiards - <i>until 1 pm</i> 9:30 Stephanie Haircuts - By Appt.
18 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Stretch Class 10:00 Line Dancing 12:30 Quilt Club 1:00 Cards 1:00 Computer Club 1:00 Healthy Steps	19 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:30 Stan's Watercolor Class 8:45 Kathy's Senior Fitness 9:00 Beading 12:30 Ping Pong 1:00 Cards 1:00 Intermediate Bridge 1:00 Phylis Bridge	20 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Stretch Class 10:00 Cribbage 1:00 Hand & Foot 1:00 Setback & Cards 1:00 Wii Games	21 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:00 Blood Pressure Screening 8:45 Kathy's Senior Fitness 9:30 Chess 10:00 Needlecrafters 10:30 Widow/Widowers 12:30 Ping Pong 1:00 Setback & Cards 1:30 Caregivers Support	22 8:00 Billiards - <i>until 4 pm</i> 8:00 Haircuts Deb 8:30 Stan's Watercolor Class 8:45 Yoga 1:00 Mah Jongg 1:00 Pinochle, Setback & Cards 1:00 Wii Games 2:30 Tops Meeting	23 8:00 Breakfast served until Noon 8:00 Billiards - <i>until 1 pm</i>
25 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Stretch Class 10:00 Writers Group 12:30 Quilt Club 1:00 Cards 1:00 Computer Club 1:00 Healthy Steps	26 7:45 8:00 Billiards - <i>until 4 pm</i> 8:30 Stan's Watercolor Class 8:45 Kathy's Senior Fitness 9:00 Beading 12:30 Ping Pong 1:00 Cards 1:00 Intermediate Bridge	27 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Stretch Class 10:00 Cribbage 1:00 Hand & Foot 1:00 Setback & Cards 1:00 Wii Games	28 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:00 Blood Pressure Screening 8:45 Kathy's Senior Fitness 9:30 Chess 10:00 Needlecrafters 1:00 Cards 12:30 Ping Pong	29 8:00 Billiards - <i>until 4 pm</i> 8:30 Stan's Watercolor Class 8:45 Yoga 1:00 Mah Jongg 1:00 Pinochle, Setback & Cards 1:00 Wii Games 2:30 Tops Meeting	30 8:00 Breakfast served until Noon 8:00 Billiards - <i>until 1 pm</i>