

2026

October

SUN	MON	TUE	WED	THU	FRI	SAT
				1 <u>Thrive over 55</u> 11:30-1pm <u>TableTennis</u> 1:30-4pm	2 <u>Euchre</u> 8:30 -10am <u>Line Dance</u> 10-11am <u>ExerciseMind:</u> <u>Healthy Hearing</u> 12-1pm	
4	5 <u>Canasta - Beginner</u> 9-11am <u>Fitness Plus</u> 12-1pm <u>Game Room</u> 1-4pm	6 <u>Stretch&Tone1</u> 8:45 - 9:45a <u>Stretch&Tone2</u> 10-11am <u>Line Dance</u> 11:30-12:30pm <u>All the Birthdays!</u> 12:30-1:30pm <u>TableTennis</u> 1:30-4pm	7 <u>Knit, Stitch&Chat</u> 10-12pm <u>Vaccine Clinic</u> 11:30-2:30pm <u>Fitness Plus</u> 12-1pm <u>Game Room</u> 1-4pm	8 <u>Stretch&Tone1</u> 8:45 - 9:45a <u>Stretch&Tone2</u> 10-11am <u>Ask the Advisor</u> 11:30-1pm <u>TableTennis</u> 1:30-4pm	9 <u>Senior Health</u> <u>Showcase</u> 9am - 2pm	10
11	12 <u>Canasta</u> 9-11am <u>Fitness Plus</u> 12-1pm <u>Library Pop-up!</u> 1:30-2pm <u>Game Room</u> 1-4pm <u>Book Club: Wives</u> 2:15-3:15pm	13 <u>Stretch&Tone1</u> 8:45 - 9:45a <u>Stretch&Tone2</u> 10-11am <u>Line Dance</u> 11:30-12:30pm <u>TableTennis</u> 1:30-4pm	14 <u>Knit, Stitch&Chat</u> 10-12pm <u>Fitness Plus</u> 12-1pm <u>Game Room</u> 1-4pm	15 <u>Stretch&Tone1</u> 8:45 - 9:45a <u>Stretch&Tone2</u> 10-11am <u>TableTennis</u> 1:30-4pm	16 <u>Euchre</u> 8:30-10am <u>Line Dance</u> 10-11am <u>Friday Lunch</u> 11:30-12:30p <u>BINGO</u> 1-2pm	17
18	19 <u>Canasta - Beginner</u> 9-11am <u>Fitness Plus</u> 12-1pm <u>Game Room</u> 1-4pm	20 <u>Stretch&Tone1</u> 8:45 - 9:45a <u>Stretch&Tone2</u> 10-11am <u>Line Dance</u> 11:30-12:30pm <u>TableTennis</u> 1:30-4pm	21 <u>SRG:</u> <u>Wallet&Wellness</u> 10-11:30am <u>Fitness Plus</u> 12-1pm <u>Game Room</u> 1-4pm	22 <u>Stretch&Tone1</u> 8:45 - 9:45a <u>Stretch&Tone2</u> 10-11am <u>TableTennis</u> 1:30-4pm	23 <u>Euchre</u> 8:30 -10am <u>Line Dance</u> 10-11am <u>Stretch&Tone+</u> 12-1pm	24
25	26 <u>Canasta - Beginner</u> 9-11am <u>Game Room</u> 1-4pm	27 <u>Stretch&Tone1</u> 8:45 - 9:45a <u>Stretch&Tone2</u> 10-11am <u>Line Dance</u> 11:30-12:30pm <u>TableTennis</u> 1:30-4pm	28 <u>Knit, Stitch&Chat</u> 10-12pm <u>Game Room</u> 1-4pm	29 <u>Stretch&Tone1</u> 8:45 - 9:45a <u>Stretch&Tone2</u> 10-11am <u>Secretary of state</u> 10-2pm <u>TableTennis</u> 1:30-4pm	30 <u>Line Dance</u> 10-11am <u>Stretch&Tone+</u> 12-1pm <u>ExerciseyourMind</u> 1:30-2:30pm	31