

October 2021 Program & Lunch Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Tone & Balance</p> <p>Thursdays 1:30pm (\$3 per class)</p>	<p>Oct. 22 at 1pm Cooking Class with Chef Cindie: <i>It's Getting CHILI</i></p> 	 <p>Zumba at Night Wednesdays 5:45pm (\$3 per class)</p>	 <p>Art Class Mondays at 1:30pm</p> <p>(\$3 per class)</p>	<p>1</p> <p>9:00 Walking and Weights (\$3) 11:30-12:15 Grab and Go Lunch 1:00pm Movie Matinee: To Be Decided</p>
<p>4</p> <p>9:15 Tai Chi (\$3) 11:30-12:15 Grab and Go Lunch 1:00pm Bingo for Bucks 1:30pm Art Class (\$3) 2:00pm ShotRite Nutritionist Presentation: Hydration</p>	<p>5</p> <p>9:00-11:00 Haircuts (by Appointment only) 9:30 Group Trivia 10:00 Stamp Club 11:30-12:15 Grab and Go "Special" Lunch 1:00pm YoHa 1:30pm Zumba Gold (\$3)</p>	<p>6</p> <p>9:15 Tai Chi (\$3) 9:30 Coloring for Calmness 10:30 Writer's Club 11:30-12:15 Grab and Go Lunch 2:00pm Grief Support 5:45pm Zumba (\$3)</p>	<p>7</p> <p>9:00 Wood Carving 10:30 YoHa 11:30-12:15 Grab and Go Lunch 12:30 Help Yourself to Healthy Living: Dizziness and How You Minimize It 1:00pm Bridge 1:30pm Tone & Balance (\$3)</p>	<p>8</p> <p>9:00 Walking and Weights (\$3) 11:30-12:15 Grab and Go Lunch 1:00pm Movie Matinee: To Be Decided 2:30pm Special Happy Hour: Sprinkle Kindness with Patricia Gallagher</p>
<p>11</p> <p>9:15 Tai Chi (\$3) 11:30-12:15 Grab and Go Lunch 1:00pm Bingo for Bucks 1:30pm Art Class (\$3)</p>	<p>12</p> <p>9:00-11:00 Haircuts (by Appointment only) 9:30 Group Trivia 10:30 Storytime with Josephine 11:30-12:15 Grab and Go Lunch 1:00pm YoHa 1:30pm Zumba Gold (\$3)</p>	<p>13</p> <p>9:15 Tai Chi (\$3) 9:30 Coloring for Calmness 10:30 Writer's Club 11:30-12:15 Grab and Go Lunch 2:00pm Grief Support 5:45pm Zumba (\$3)</p>	<p>14</p> <p>9:00 Wood Carving 10:30 YoHa 11:30-12:15 Grab and Go Lunch 1:00pm Bridge 1:30pm Tone & Balance (\$3) 6:00pm ZOOM Dinner Party</p>	<p>15</p> <p>8:30 Legal Consults (by Appointment Only) 9:00 Walking and Weights (\$3) 11:30-12:15 Grab and Go Lunch 1:00pm Movie Matinee: The Great Outdoors (1988)</p>
<p>18</p> <p>9:15 Tai Chi (\$3) 11:30-12:15 Grab and Go Lunch 1:00pm Bingo for Bucks 1:30pm Art Class (\$3)</p>	<p>19</p> <p>9:00-11:00 Haircuts (by Appointment only) 9:30 Group Trivia 10:30 These are a Few of My Favorite Things 11:30-12:15 Grab and Go Lunch 1:00pm YoHa 1:30pm Zumba Gold (\$3)</p>	<p>20</p> <p>9:15 Tai Chi (\$3) 9:30 Coloring for Calmness 10:30 Writer's Club 11:30-12:15 Grab and Go Lunch 2:00pm Grief Support 5:45pm Zumba (\$3)</p>	<p>21</p> <p>9:00 Wood Carving 10:30 YoHa 11:30-12:15 Grab and Go Lunch 1:00pm Bridge 1:30pm Tone & Balance (\$3)</p>	<p>22</p> <p>9:00 Walking and Weights (\$3) 11:30-12:15 Grab and Go Lunch 1:00pm Cooking Class with Chef Cindie: "It's Getting Chili" 1:00pm Movie Matinee: El Mariachi (1992) 2:30pm Happy Hour</p>
<p>25</p> <p>9:15 Tai Chi (\$3) 11:30-12:15 Grab and Go Lunch 1:00pm Bingo for Bucks 1:30pm Art Class (\$3)</p>	<p>26</p> <p>9:00-11:00 Haircuts (by Appointment only) 9:30 Group Trivia 10:30 These are a Few of My Favorite Things 11:30-12:15 Grab and Go Lunch 1:00pm YoHa 1:30pm Zumba Gold (\$3)</p>	<p>27</p> <p>9:15 Tai Chi (\$3) 9:30 Coloring for Calmness 10:30 Writer's Club 11:30-12:15 Grab and Go Lunch 2:00pm Grief Support 5:45pm Zumba (\$3)</p>	<p>28</p> <p>9:00 Wood Carving 10:30 YoHa 11:30-12:15 Grab and Go Lunch 1:00pm Bridge 1:30pm Tone & Balance (\$3) 6:00pm Book Club: Beautiful Animals by Lawrence Osbourne</p>	<p>29</p> <p>9:00 Walking and Weights (\$3) 11:30-12:15 Grab and Go Lunch 1:00pm Movie Matinee: Young Frankenstein (1974)</p>