





# October 2023

- Senior Wellness Library 9-3pm
- Coffee and Friends 9-10am
- Food Distribution Tues. 5-7pm & Thurs. 9-12pm
- Patty's Café 11-2 pm
- Fitness Center 9-3pm
- Women Veterans Program Tues. on Zoom at 6



| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday  |
|---|---|---|--|---|---|---|
| Group Exercise with Barbara-Chair yoga, Senior level                                | 2<br>10-11A ArtReach<br>11:30A Bracelet Making                      | 3 Medicare w/Karina<br>9:30A Chair Yoga<br>10:30A Crafts by Aline                             | 4<br>10-11A ArtReach<br>12P Rosary (English)<br>12:30P ESL<br>1P Bible Study         | 5<br>9:30A Chair Yoga<br>10:30A Crochet Class<br>12P ArtReach<br>1P Rosary (Spanish)  | 6<br>10A Cards W/Sandy<br>12P Zumba<br>1P Leather Art                                 | Leather Art-Decorate leather bracelets  |
| Zumba-Dance Exercise-Senior Level   | 9<br>10-11A ArtReach<br>11:30A Bracelet Making                      | 10<br>9:30A Chair Yoga<br>10:30A Crafts by Aline<br>11:30A Savvy Senior                       | 11<br>10-11A ArtReach<br>12P Rosary (English)<br>12:30P ESL<br>1P Bible Study        | 12<br>9:30A Chair Yoga<br>10:30A Crochet Class<br>12P ArtReach<br>1P Rosary (Spanish) | 13<br>10A Karaoke<br>12P Zumba  | Karaoke- Theme is songs with Spanish words or Spanish songs to celebrate Hispanic Heritage Month                  |
| Holiday Safety- Learn tips on shopping safety for the holiday season                | 16<br>10-11A ArtReach<br>11:30A Bracelet Making<br>11:30A Tech Talk | 17<br>9:30A Chair Yoga<br>10:30A Crafts by Aline  | 18<br>10-11A ArtReach<br>12P Rosary (English)<br>12:30P ESL<br>1P Bible Study        | 19<br>9:30A Chair Yoga<br>10:30A Crochet Class<br>12P ArtReach<br>1P Rosary (Spanish) | 20<br>10A Cards W/Sandy<br>12P Zumba<br>1P Bingo                                      | Savvy Senior- Come learn tips on phone or online fraud  |
|  | 23<br>10-11A ArtReach<br>11:30A Bracelet Making                     | 24<br>9:30A Chair Yoga<br>10:30A Crafts by Aline<br>11:30A Holiday Safety                     | 25<br>10-11A ArtReach<br>12P Rosary (English)<br>12:30P ESL<br>1P Bible Study        | 26<br>9:30A Chair Yoga<br>10:30A Crochet Class<br>12P ArtReach<br>1P Rosary (Spanish) | 27<br>9-11:30 Fall Fest!<br>12:30 Flashdance!   | 28<br>Food Fair 9:30-12P<br> |
| 29<br>Halloween- Will have a costume contest & office door trick or treating        | 30<br>10-11A ArtReach<br>11:30A Bracelet Making                     | 31<br>9:30A Chair Yoga<br>10:30A Crafts by Aline<br>10:30A Birthday Celeb.<br>12P Halloween!! |  |   |  | Fall Fest- come enjoy games & treats to celebrate the fall season!  |