



Senior Activities for October 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please Note: Programs in bold and with * continue through the month.	1 <u>RM</u> 9:00 Open Computer* C 9:00 Co-ed Billiards* B 9:30 Friendship Circle SA 9:30 AARP Board Mtg CB 10:00 Rummikub AA 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Canasta* AA 1:00 Pinochle* AB 1:00 Stretcherize* E 5:30 Pickleball AP & CA/CB 5:30 Open Computer* C 5:30 Lifelong Learning* SA 5:30 Billiards for All Ages B 6:00 Setback Nights AA	2 <u>RM</u> 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:30 Friendship Circle SA 10:30 <i>Ivoryton Playhouse</i> CA 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Mahjongg Play AA 1:00 Bridge AB 1:30 Ceramics AC 2:00 Bereavement Support SA	3 <u>RM</u> 8:30 Outdoor Walking Grp* B 9:00 Co-ed Billiards* B 9:00 Italian Intermediate* AC 9:30 Friendship Circle SA 10:00 Italian Advanced* AC 10:00 Setback AB/AA 10:15 Intermediate Line Dance* AB/AA 11:45 Beginners Line Dance* CA 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Stretcherize* E 1:00 Creative Crafters* AC 2:00 Wii Bowling* AB/AA 3:30 Tai Ji Quan C 2 E 5:30 Color Stress Relief* AC 5:30 Movie SA 5:30 Open Computer* C 5:30 Mahjongg* AA 5:30 Billiards for All Ages B 6:00 Tai Chi CB	4 <u>RM</u> 9:00 Men's Billiards B 9:00 Open Computer C 10:00 Current Issues CF 10:00 Art Expression AC 11:00 What's Your Story SA 11:45 Lunch CA 12:00 1:1 Comp. Assist C 12:45 Bingo CB	5 <u>RM</u> 9:00 Pickleball AP 9:00 Dance Practice E 9:00 Co-ed Billiards B 9:00 Open Computer C 9:30 Watercolor Class AC 12:00 Movie SA
	7 <u>RM</u> 9:00 Men's Billiards B 9:30 Knit & Crochet AC 9:30 Registration CA 10:00 Hatha Yoga AB/AA 10:00 <i>Remembering G Fox - Goodwin College</i> E 10:30 Low Impact Dance CA 11:45 Lunch CA 12:15 Indoor Walking CB 12:45 Cribbage* WS 1:00 Duplicate Bridge* AB/AA 1:00 Co-ed Billiards* B 1:00 Creative Crafters* AC 1:00 Movie SA 1:30 Tai Chi Intro CB 2:30 Tai Ji Quan C 3 E 3:30 Tai Ji Quan C 2 E	8 <u>RM</u> 9:30 Friendship Circle SA 10:00 Rummikub AA 11:45 Lunch CA 12:15 Flu Talk CA 12:15 Indoor Walking CB 1:00 Chess AC 4:30 RiverQuilters AB 5:30 Pickleball AP & CA/CB 5:30 Billiards for All Ages B 6:00 Setback Nights AA	9 <u>RM</u> 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:30 Friendship Circle SA 11:00 <i>Avert Brasserie Restaurant</i> E 11:00 Powerful Aging CA 11:45 Lunch CA 12:15 Fire Prevention Talk A 12:15 Indoor Walking CB 1:00 Mahjongg Play AA 1:00 Bridge AB 1:30 Ceramics AC	10 <u>RM</u> 9:30 Friendship Circle SA 10:00 Setback AB/AA 11:45 Lunch CA 12:30 Understanding Lymphedema CB 2:30 Tai Ji Quan C 3 E 3:30 Verse Come Poetry AA 3:30 Tai Ji Quan C 2 E 5:30 Movie SA 5:30 Billiards for All Ages B 6:00 Tai Chi CB	11 <u>RM</u> 9:00 Men's Billiards B 9:00 Open Computer C 10:00 Hatha Yoga AB/AA 10:00 Art Expression AC 11:45 Lunch CA 12:00 1:1 Comp. Assist C 12:45 Bingo CB
CLOSED COLUMBUS DAY 	15 <u>RM</u> 9:30 Friendship Circle SA 10:00 Rummikub AA 11:45 Lunch CA 12:00 AARP General Mtg. CB 3:15 Techy Teens AB 5:30 Pickleball AP & CA/CB 5:30 Billiards for All Ages B 6:00 Computer Assistance C by appt. only 6:00 Setback Nights AA	16 <u>RM</u> 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:30 Friendship Circle SA 10:00 <i>Pumpkintown & Sadler's Ordinary Restaurant</i> E 11:00 Powerful Aging CA 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Mahjongg Play AA 1:00 Bridge AB 1:30 Ceramics AC 2:00 Bereavement Support SA	17 <u>RM</u> 7:15 <i>Salem Trip</i> CB 8:30 AARP Smart Driver HR 8:40 Foot Clinic SA 9:30 Friendship Circle AB/AA 10:00 Setback C 10:30 Book Discussion CA 11:45 Lunch CA 2:30 Tai Ji Quan C 3 E 3:30 Tai Ji Quan C 2 E 5:30 Billiards for All Ages B 5:30 Movie SA 6:00 Tai Chi CB 6:00 <i>"The Corvettes" -Great Neck Country Club-Waterford</i>	18 <u>RM</u> 9:00 Men's Billiards B 9:00 Open Computer C 10:00 Current Issues CF 10:00 Hatha Yoga AB/AA 10:00 Art Expression AC 11:00 Powerful Aging E 11:45 Lunch CA 12:00 1:1 Comp. Assist C 12:45 Bingo CB	APPLE FESTIVAL NO PROGRAMS CLOSED 
21 <u>RM</u> 9:00 Men's Billiards B 9:30 Knit & Crochet AC 10:00 Hatha Yoga AB/AA 10:30 Low Impact Dance E 11:45 Birthday Lunch CA 12:15 Meet the Republican Candidates CA 12:15 Indoor Walking CB 1:00 Movie SA 1:30 Tai Chi Intro CB 2:30 Tai Ji Quan C 3 E 3:30 Tai Ji Quan C 2 E	22 <u>RM</u> 9:30 Friendship Circle SA 10:00 Rummikub AA 11:45 Lunch CA 12:15 Meet the Democrat Candidates CA 1:00 Korean Lotus Flower CB 1:00 Chess AC 5:30 Pickleball AP & CA/CB 5:30 Billiards for All Ages B 6:00 Setback Nights AA	23 <u>RM</u> 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:30 Friendship Circle SA 11:00 Powerful Aging E 11:45 Lunch CA 12:15 Indoor Walking CB 12:15 ADA Transit Talk CA 1:00 Mahjongg Play AA 1:00 Bridge AB 1:30 Ceramics AC	24 <u>RM</u> 9:30 Friendship Circle SA 10:00 Setback AB/AA 11:45 Lunch CA 12:15 GHS Treble Choir CACB 2:30 Tai Ji Quan C 3 E 3:30 Tai Ji Quan C 2 E 5:30 Movie SA 5:30 Billiards for All Ages B 6:00 Tai Chi CB	25 <u>RM</u> 9:00 Men's Billiards B 9:00 Open Computer C 10:00 Art Expression AC 10:00 Hatha Yoga AB/AA 10:00 Low Vision Group SA 11:00 Powerful Aging E 11:45 Lunch CA 12:00 1:1 Comp. Assist C 12:45 Bingo CB	26 <u>RM</u> 9:00 Pickleball AP 9:00 Dance Practice E 9:00 Co-ed Billiards B 9:00 Open Computer C 9:30 Open Art Studio AC 12:00 Movie SA 12:00 The Big Sing CACB
28 <u>RM</u> 9:00 Men's Billiards B 9:30 Knit & Crochet AC 10:00 Hatha Yoga AB/AA 10:30 Low Impact Dance E 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Movie SA 1:30 Tai Chi Intro CB 2:30 Tai Ji Quan C 3 E 3:30 Tai Ji Quan C 2 E	29 <u>RM</u> 8:40 Foot Clinic HR 9:30 Friendship Circle SA 10:00 Rummikub AA 11:45 Lunch CA 12:15 Indoor Walking CB 5:30 Pickleball AP & CA/CB 5:30 Billiards for All Ages B 6:00 Setback Nights AA	30 <u>RM</u> 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:30 Friendship Circle SA 11:00 Powerful Aging E 11:00 <i>Luce Restaurant & Wesleyan Museum</i> CA 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Mahjongg Play AA 1:00 Bridge AB 1:30 Ceramics AC	31 <u>RM</u> 8:40 Foot Clinic HR 9:30 Friendship Circle SA 10:00 Setback AB/AA 12:00 Halloween Special Luncheon CACB 1:00 Stretcherize E 1:00 Creative Crafters AC 2:00 Wii Bowling AB/AA 2:30 Tai Ji Quan C 3 E 3:30 Tai Ji Quan C 2 E 5:30 Movie SA 5:30 Billiards for All Ages B 6:00 Tai Chi CB	ROOM KEY AA Activity Room A CF Conference Room AB Activity Room B WS Workshop Room C Computer Room AC Arts & Craft Room E Exercise Room SA Special Activity Room CB Community Rm B B Billiards Room CA Community Rm A HR Health Room OFFSITE AP Addison Park Movie information on page 12 <div style="text-align: center;"> Programs in bold and with * continue through the month. </div>	