

October 2025 - DALLAS AREA SENIORS CALENDAR OF ACTIVITIES

HOURS: 10AM – 3PM MONDAY - FRIDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 1PM Ice Cream Social	2 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge 1:30PM 10 Minute Writing	3 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 12PM Watch Clinic	4
5	6 10AM Cards/Table Games 10AM Rotating Pinochle 10AM 5 Crowns Game 12PM Bridge 4PM Karaoke	7 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 1PM Healthy Soul	8 10AM 4 Handed Pinochle 10AM Card/Table Games 10AM Resource Navigation 10AM Financial Training 11AM Mah-Jongg	9 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 11:30AM Lunch Bunch 12PM Bridge 1:30PM 10 Minute Writing	10 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 5:30PM Bingo Dinner 6PM Bingo	11 8AM Board of Directors 10AM DAS General Meeting & Potluck
12	13 10AM Cards/Table Games 10AM 5 Crowns Game 10AM Rotating Pinochle 3PM Movie Matinee	14 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 1PM Bunko	15 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	16 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge 1:30PM 10 Minute Writing	17 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop	18
19	20 10AM Cards/Table Games 10AM Rotating Pinochle 10AM 5 Crowns Game 12PM Bridge 4PM Karaoke	21 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 1PM Healthy Soul	22 10AM 4 Handed Pinochle 10AM Card/Table Games 10AM Resource Navigation 11AM Mah-Jongg 1PM Birthday Celebration	23 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge 1:30PM 10 Minute Deadline For Calendar and Newsletter	24 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 5:30PM Bingo Dinner 6PM Bingo	25
26	27 10AM Cards/Table Games 10AM 5 Crowns Game 10AM Rotating Pinochle	28 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 1PM Bunko	29 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	30 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge 1:30PM 10 Minute Writing	31 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop	