

# October 2026 - DALLAS AREA SENIORS CALENDAR OF ACTIVITIES

**HOURS: 10AM – 3PM MONDAY - FRIDAY**

| SUNDAY    | MONDAY                                                                                                         | TUESDAY                                                                                                                                           | WEDNESDAY                                                                                                                                                         | THURSDAY                                                                                                                                                       | FRIDAY                                                                                                                                               | SATURDAY                                                      |
|-----------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|
|           |                               |                                                                 |                                                                                | <b>1</b><br>10AM Card/Table Games<br>10:15AM Low Impact Exercise<br>11:10AM Low Impact Exercise<br>12PM Bridge                                                 | <b>2</b><br>10AM Cards/Table Games<br>10AM 6 handed Pinochle<br>10AM Art Workshop<br>12PM Watch Clinic<br>1PM Memory Reflections                     | <b>3</b>                                                      |
| <b>4</b>  | <b>5</b><br>10AM Cards/Table Games<br>10AM 5 Crowns Game<br>12PM Bridge<br>4PM Karaoke                         | <b>6</b><br>10AM Cards/Table Games<br>10:15AM Low Impact Exercise<br>11AM Scrabble<br>11:10AM Low Impact Exercise<br><b>12:30PM Medicare Info</b> | <b>7</b><br>10AM 4 Handed Pinochle<br>10AM Card/Table Games<br>11AM Mah-Jongg<br><b>11AM Blood Pressure Chk</b><br>1PM Wii Bowling<br><b>2PM Ice Cream Social</b> | <b>8</b><br>10AM Card/Table Games<br>10:15AM Low Impact Exercise<br>11:10AM Low Impact Exercise<br><b>11:30AM Lunch Bunch</b><br>12PM Bridge                   | <b>9</b><br>10AM Cards/Table Games<br>10AM 6 handed Pinochle<br>10AM Art Workshop<br>1PM Memory Reflections<br><b>3PM Board Meeting</b><br>6PM Bingo | <b>10</b><br><b>11:00AM DAS General Meeting &amp; Potluck</b> |
| <b>11</b> | <b>12</b><br>10AM Cards/Table Games<br>10AM 5 Crowns Game<br><b>1PM Darts</b><br>3PM Movie Matinee             | <b>13</b><br>10AM Cards/Table Games<br>10:15AM Low Impact Exercise<br>11:10AM Low Impact Exercise<br><b>12:30PM Medicare Info</b><br>1PM Bunko    | <b>14</b><br>10AM 4 Handed Pinochle<br>10AM Card/Table Games<br>11AM Mah-Jongg<br>1PM Wii Bowling                                                                 | <b>15</b><br>10AM Card/Table Games<br>10:15AM Low Impact Exercise<br>11:10AM Low Impact Exercise<br>12PM Bridge                                                | <b>16</b><br>10AM Cards/Table Games<br>10AM 6 handed Pinochle<br>10AM Art Workshop<br>1PM Memory Reflections                                         | <b>17</b>                                                     |
| <b>18</b> | <b>19</b><br>10AM Cards/Table Games<br>10AM 5 Crowns Game<br>12PM Bridge<br>4PM Karaoke                        | <b>20</b><br>10AM Cards/Table Games<br>10:15AM Low Impact Exercise<br>11:10AM Low Impact Exercise<br>11AM Scrabble<br>1PM Darts                   | <b>21</b><br>10AM 4 Handed Pinochle<br>10AM Card/Table Games<br>11AM Mah-Jongg<br>1PM Wii Bowling<br><b>1PM Birthday Party</b>                                    | <b>22</b><br>10AM Card/Table Games<br>10:15AM Low Impact Exercise<br>11:10AM Low Impact Exercise<br>12PM Bridge<br><b>Deadline For Calendar and Newsletter</b> | <b>23</b><br>10AM Cards/Table Games<br>10AM 6 handed Pinochle<br>10AM Art Workshop<br>1PM Memory Reflections<br>6PM Bingo                            | <b>24</b>                                                     |
| <b>25</b> | <b>26</b><br>10AM Cards/Table Games<br>10AM 5 Crowns Game<br><b>11AM Grief Support Grp</b><br>12:30PM Cornhole | <b>27</b><br>10AM Cards/Table Games<br>10:15AM Low Impact Exercise<br>11:10AM Low Impact Exercise<br><b>12:30PM Medicare Info</b><br>1PM Bunko    | <b>28</b><br>10AM 4 Handed Pinochle<br>10AM Card/Table Games<br>11AM Mah-Jongg<br>1PM Wii Bowling                                                                 | <b>29</b><br>10AM Card/Table Games<br>10:15AM Low Impact Exercise<br>11:10AM Low Impact Exercise<br>12PM Bridge                                                | <b>30</b><br>10AM Cards/Table Games<br>10AM 6 handed Pinochle<br>10AM Art Workshop<br>1PM Memory Reflections                                         | <b>31</b><br><b>Happy Halloween</b>                           |