




# OCTOBER 2024

Activities marked \$\$ have a fee  
 Unmarked activities are **FREE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FOOT CARE CLINIC APPOINTMENTS Available Monday October 21</b>	<b>10:00 Farm Share</b> 1 10:00 Bone Builders 12:30 Bingo 1:30-2:30 Bone Builders 	9:00-10:30 <b>Board Meeting</b> 2 10:00 Yoga with Ilse 11:15-12:15 Tai Chi 2 11:30 <b>Free Lunch</b> 12:45 Bingo	10:00 <b>Free Groceries</b> 3 10:00 Coffee/Convo 10:15 Yoga with Jill \$\$ 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders	<b>CANCELED</b> 4 <b>10:00 Tai Chi 2</b>  11:00 Tai Chi 1
10:00 Tai Chi 1 7 10:00 Craft & Mend 11:00 Yoga with Jill \$\$ 11:30 <b>Free Lunch</b> 12:30 Adult Coloring 12:30 Mahjong	<b>10:00 Farm Share</b> 8 10:00 <b>CANCELED</b> Bone Builders 11:00 <b>Rokeby Museum and Foliage Trip</b> 12:30 Bingo 1:30-2:30 Bone Builders	10:00 Yoga with Ilse 9 11:15-12:15 Tai Chi 2 11:30 <b>Free Lunch</b> 12:45 Bingo 1:00 Line Dancing	10:00 <b>Free Groceries</b> 10 10:00 Coffee/Convo 10:15 Yoga with Jill \$\$ 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders	10:00 Tai Chi 2 11 11:00 Tai Chi 1
10:00 Tai Chi 1 14 10:00 Craft & Mend 11:00 Yoga with Jill \$\$ 11:30 <b>Free Lunch</b> 12:30 Adult Coloring 12:30 Mahjong	<b>10:00 Farm Share</b> 15 10:00 Bone Builders 12:30 Bingo 1:30-2:30 Bone Builders 	10:00 Yoga with Ilse 16 11:15-12:15 Tai Chi 2 11:30 <b>Free Lunch</b> 12:45 Bingo 1:00 Line Dancing	10:00 <b>Free Groceries</b> 17 10:00 Coffee/Convo 10:15 Yoga with Jill \$\$ 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders	10:00 Tai Chi 2 18 11:00 Tai Chi 1
10:00 Tai Chi 1 21 10:00 Craft & Mend 11:00 Yoga with Jill \$\$ 11:30 <b>Free Lunch</b> 12:30 Adult Coloring 12:30 Mahjong	<b>10:00 LAST Summer Farm Share</b> 22 10:00 Bone Builders 10:00 <b>Hearing Screening</b> 12:30 Bingo 1:30-2:30 Bone Builders	10:00 Yoga with Ilse 23 11:15-12:15 Tai Chi 2 11:30 <b>Free Lunch</b> 12:45 Bingo 1:00 Line Dancing	10:00 <b>Free Groceries</b> 24 10:00 Coffee/Convo 10:15 Yoga with Jill \$\$ 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders	10:00 Tai Chi 2 25 11:00 Tai Chi 1
10:00 Tai Chi 1 28 10:00 Craft & Mend 11:00 Yoga with Jill \$\$ 11:30 <b>Free Lunch</b> 12:30 Adult Coloring 12:30 Mahjong	10:00 Bone Builders 29 12:30 Bingo 1:30-2:30 Bone Builders 	10:00 Yoga with Ilse 30 11:15-12:15 Tai Chi 2 11:30 <b>Free Lunch</b> 12:45 <b>CANCELED</b> Bingo 1:00 Vaccine Clinic- RSV, Flu, Covid 1:00 Line Dancing	10:00 <b>Free Groceries</b> 31 10:00 Coffee/Convo 10:15 Yoga with Jill \$\$ 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders	<b>HEARING SCREENING TUESDAY OCTOBER 22 10:00-12:00PM</b> Schedule an appointment today. Stop by desk or call 802-863-3982