



USDA Commodities

Wednesday, July 25

10:00A.M.

A 2019 commodities card
is required.
Everyone must recertify.
Proof of income for everyone
in the household.
Must be a Finney County Resident.

Finney County Committee on Aging, Inc.
907 North Tenth Street
Garden City, Kansas 67846
Change Service Requested

NON-PROFIT
BULK RATE
U.S. POSTAGE PAID
PERMIT NO. 34
GARDEN CITY, KS.



September/October 2019



Finney County Committee on Aging, Inc.

Senior Center 620-272-3620

Transit 620-272-3626



Senior Centers: The Key to Aging Well.



September

3rd-Shimmer & Shine Day

4th-9:30 A.M. Trip to Stauth Museum in
Montezuma

5th-10:30 A.M. BINGO. Cost for each card
\$1.00. NO Limit on Cards

6th -1:00 P.M. Homemade Ice Cream Social
6:00 P.M. Association Covered Dish

10th- 6:00 P.M. Canvas and Paint with Katy
Guthrie, Garden City Arts

11th-1:00 P.M. Foot Clinic

13th-9:30 A.M. Trip to Boot Hill Casino &
Museum, Dodge City

17th-12:45 P.M. Finney Co History, Presentation
by Johnetta Hebrlee- Finney Co. Museum
4:45 P.M.-Trip to Grant Co. Home Products

18th -12:45 P.M. Mayor Proclamation/Balloon Launch

19th- 9:00 A. M.– 6:00 P.M. Art Gallery

11:30 A.M. Lunch & Learn

5:00 P.M. Soup Supper. Bingo to follow

23rd-1:30 P.M. FCCA Meeting

24th-10:30 A.M. First day of Autumn, Apple Cider &
Pumpkin Bread

25th-10:00 A.M. Commodities

11:15 A.M. Lee Richardson Zoo Mobile

27th - 12:45 P.M. Movie & Popcorn

28th-9:00 A.M.– 3:00 P.M. Trip to Whimmydiddle
Scott City



October

1st -Shimmer & Shine Day

3rd-10:30 A.M. BINGO. Cost for each card
\$1.00. NO Limit on Cards

4th -6:00 P.M. Association Covered Dish

8th-9:30 A.M. Trip to Boot Hill Casino &
Museum, Dodge City

14th-6:30 P.M. Wreath Making Class

16th- 1:00 P.M. Foot Clinic
1:30 P.M. FCCA Meeting

17th-11:30 A.M. Lunch & Learn

18th 9:30 A.M. Monument Rocks & Scott Lake

24th-9:00 A.M. Bison Range Trip
5:00 P.M. Chili Supper & Corn Hole Game

25th - 12:45 P.M. Movie & Popcorn

31st– 12:45 P.M. Halloween Fun and Games.
Join in the Halloween Costume
Contest.



Monday, September 2, the Senior Center and Transit will be closed in observance of Labor Day. Have a Safe and Happy Holiday.

S&S Day (Shimmer and Shine Day)

Each month we will draw a name out of the hat (names of those that come to activities and lunches). We will honor that person with a special day. They will help make the menu up with their favorite foods. We will decorate the showcase with their pictures, hobbies and accomplishments. Please invite your family and friends to come by on your “S&S Day”. If we draw out your name and you choose not to participate that is OK.

Carman Sambrano and Ervin Urban Thank You, for being our Shimmer & Shine Seniors in July and August.

September’s Shimmer and Shine Senior is Stan Smith. We will honor Stan at 11:45 A.M. on Tuesday, September 3rd before lunch. Our October Shimmer and Shine Senior will be announced.

COMMITTEES AND MEETINGS

Sept. 10– 10:00 A.M. Craft Shop Committee	October 8–10:00 A.M Craft Shop Committee
Sept 10 -1:00 P.M. Nutrition Meeting	October 8- 1:00 P.M. Nutrition Meeting
September 13 -10:00 A.M. Craft Shop Check In	October 11– 10:00 A.M. Craft Shop Committee
September 23-1:30 P.M. FCCA Meeting	October 16 -1:30 P.M. FCCA Meeting
September 27 -10:00 A.M. Craft Shop Check In	October 25-10:00 A.M. Craft Shop Check In

The Meals on Wheels Committee needs two new members. We will meet once a month. If you would be interested in sitting on this committee call Patti at 272 -3620.



This is Jaelyn Hamm (Tommy Towns’ great grand-daughter) she is 11 years old and in the 6th grade. She spent her summer break learning wood carving.

Classes are every Tuesday and Thursday Morning at 9:30 A.M. with Daryl Hopkins



Senior Citizens Association

Please join us on the first Friday of every month at 6:00 P.M. for the covered dish meeting. Bring something tasty to eat and enjoy.

Entertainment by:
September 6- Deb Tidwell
October 4- Half Fast Singers



Finney County Committee on Aging

Our monthly board meetings are held the **third Wednesday** of each month at **1:30 P.M.** in the Senior Center Meeting Room.

September 23 (Was changed to Monday Afternoon)
October 16

Meetings are open to the public.



Foot Care for Seniors: 10 Important Tips

Proper foot care is essential for older adults because it can help prevent injuries, falls and complications from chronic diseases like diabetes. Learn how to properly care for your feet so they can continue to take you wherever you need to go.

- 1. Be good to your soles.** As you age, the muscle tissue in your feet can thin and your nerves may not work effectively. This can lead to loss of feeling in your feet (neuropathy). Examine the soles of your feet and in-between your toes every day for cuts, blisters, sores or any areas of skin breakdown from moisture. This is especially important if you have diabetes.
- 2. Choose the right footwear.** Wearing the right footwear can help you keep your balance, prevent falls and reduce the risk of blisters and other injuries.
- 3. Get the right fit.** Have your feet measured by a sales associate to insure you are selecting the correct size.
- 4. Barefoot isn’t better.** Never go barefoot outdoors. Wear shoes as much as possible when indoors to prevent injury.
- 5. Keep your toenails in tip-top shape.** Trimming your toenails correctly (straight across and no shorter than the tip of your toe) is key for preventing in-grown toenails. If you have diabetes or trouble reaching your feet, see a podiatrist (a physician who specializes in foot care) for regular medical pedicures and nail trimming.
- 6. Get the blood flowing.** As you age, you may have decreased blood circulation to your feet. To promote healthy circulation elevate feet when sitting, wiggle your toes when you sit for long periods of time, get regular foot massages.
- 7. Keep your feet dry.** Change your socks regularly and make sure your feet aren’t damp from sweat or a shower before putting on your shoes.
- 8. ...But not too dry.** Keep your feet moisturized to prevent cracking, itching and calluses. Stick with gentle soap and apply cream or lotion daily after your shower or bath.
- 9. Fight fungal infections.** Prevent athlete’s foot by wearing shoes that fit properly, changing your socks daily (or whenever they become damp) and applying foot powder each day.
- 10. Visit your podiatrist regularly for foot checks.** Your podiatrist can catch problems like bone spurs, hammertoe, neuromas, bunions, warts, ingrown toenails or wounds before they cause more serious problems.



Friendship Meals

September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	No Delivery today Frozen Meal delivered with Friday Aug. 30 meal Labor Day	Chicken Fried Steak Mashed Potatoes/Gravy Green Beans Pudding	Tater Tot Casserole Sliced Carrots Pasta Salad Fruit	Sloppy Joe on a Bun Assorted Chips Broccoli Strawberry Ice Cream	Chicken /Noodles Mashed Potatoes Sliced Carrots Fruit	Saturday Sack Lunch Delivered with Friday's Meal
	Turkey, Ham, Bacon on Croissant Potato Salad Baked Beans Fruit	Baked Ham with Scalloped Potato Green Beans Fruit	Bacon Cheddar Cheese Hamburger on Bun Potato Salad Corn Pudding	Chicken Spaghetti Broccoli Breadstick Fruit	Meatloaf Baked Potato Sour Cream Cauliflower with Cheese Sauce Fruit	Saturday Sack Lunch Delivered with Friday's Meal
	Chicken Tenders Mashed Potatoes Gravy Broccoli Fruit	Open Faced Roast Beef Sandwich Mashed Potatoes/Gravy Carrots Orange Sherbet	Ham/Asparagus Roll Up Scalloped Potatoes Mixed Vegetables Fruit	BBQ Chicken Breast Baked Potato Sour Cream Corn Fruit	Fried Jumbo Shrimp Mac & Cheese Peas Fruit	Saturday Sack Lunch Delivered with Friday's Meal
	Salisbury Steak Mashed Potatoes /Gravy Sliced Carrots Fruit	Chili Cheese Hot Dog on a bun Assorted Chips Green Beans Orange Sherbet	Rosemary Pork Loin Au Gratin Potatoes Broccoli Fruit	Chicken Kiev Wild Rice Cauliflower/Cheese Sauce Pudding	BBQ Riblet on a Bun Scalloped Potatoes Peas Fruit	Saturday Sack Lunch Delivered with Friday's Meal
	Beef and Noodles Broccoli Pasta Salad Angel Food Cake					

IF YOU DON'T WANT A MEAL PUT AN X OVER THAT DAY.

IF YOU WANT MORE THEN 1 MEAL PUT THE AMOUNT OF MEALS BY THE MEAL YOU DO WANT.

Nutrition Council
September 9 @ 1:00 P.M.

Menu is subject to change.



Stay Strong, Stay Healthy (SSSH) is an evidenced based eight-week program for older adults that meets the recommendation for healthy muscle strength. The program's goal is to improve health and quality of life.

Taught by
Jennifer LaSalle

Family and Community Wellness Agent/4-H
Jennifer will start this 8 week program on October 1st
The first class will start at 4:00 P.M. (there is paper-work that needs done.) the remaining classes will start at 5:00 P.M.

\$5.00 Fee

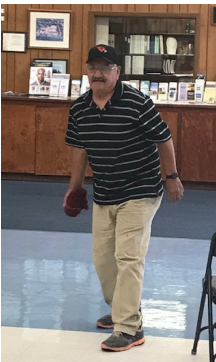
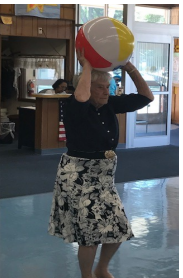
THANK YOU!
St. Catherine Hospital for partnering with us to bring the monthly Lunch & Learn programs.

Lunch and Learn will be on
September 19 -Heather Wright Renick,
with the Breast Center
October 17– Terri Worf, APRN,
Diabetes Management

The meal is complimentary, but space is limited. You must be present for the presentation for the free meal, no carryout meals available. Please call the Senior Center each month to reserve your Spot.



FUN
TIMES



Up Coming Bus Trips

Wednesday September 4th 9:30 Trip to Stauth Museum in Montezuma

Friday, September 13, 9:30-4 Boot Hill Casino & Museum Dodge City

Tuesday, September 17, 4:45-10?? Grant County Home Products, Ulysses

Saturday, September 28, 9-3:30 Whimmydiddle, Scott City

Friday, October 8, 9:30-4 Boot Hill Casino & Museum Dodge City

Friday, October 18, 9:30-4 Monument Rocks & Scott Lake Scott County

Thursday, October 24 9:00-11:00 Bison Range. Garden City



Moving On with Shari



COME SEE US

Hello seniors. I am hoping for a kinder, gentler September. August just seemed too hot this year. We have had a very busy last few months. We are averaging 2-3 out of town trips each month. See the activities calendar for which trips are coming our way in September and October.

I would like to encourage you to take a few minutes and explore our webpage and our Facebook page. There are lots of photos, event announcements and calendar schedules there. Those are both good ways you keep up with new activities and events, that are added after our newsletter

goes to print. www.finneycountyseniorcenter.org is our web address and you can find us on Facebook by searching for Senor Center of Finney County

The Senior Showcase is my weekly column in the Garden City Telegram. It is usually in the Wednesday paper. That is a good source of information for seniors, primarily about what goes on at the Senior Center, but also with health tips for seniors.

If you have ideas for new activities or exercise groups or trips, please stop by or call and let us know. We are always on the lookout for a new adventure.

As always, YOU are why we are here: playing, watching, riding, talking, sewing, shooting pool, laughing, and helping!

Opportunity awaits, come see us!!

Della's Delightful Details



Hello from Della's Delightful Details. We still have the Kansas Farmers Market vouchers. If you think you qualify come in and see. There are 6, \$5.00 vouchers for a total of \$30.00. That will help you to enjoy fresh fruit and vegetables. You will need to meet the guide lines to qualify.

We will have commodities again on Sept. 25, 2019. If you think you may qualify for commodities, you will need to meet income guidelines for everyone in your household. You need to get a 2019

Commodities card. Please come in before the 25th and get you card. Please come in early on the 25th and get your name on the list. I start passing the commodities out at 10:00 a.m.

Our center is available for rent for your parties. Come in or call (620-272-3620) to see if our center would work for your party.

We have quite a few exercise classes, going on, lots of different card games to take part in, and it is a nice place to associate with other people.

Kitchen Korner By Leslie



Greetings from the Kitchen Korner. Well, Kansas has thrown rain, wind and heat at us this past month but, despite all that the show must go on. Considering that, it was still a good month for Friendship Meals.

There are new items on the menu as well as the old favorites. Menus are posted for a month at a time and can be found at the front of the senior center, near the receptionist desk.

The cost is minimal compared to a comparable meal elsewhere. It is a suggested donation of \$3.50 for those age 60 and over and for those that are younger than 60 it is a required cost of \$5.75

Not only can you receive a great meal but there are many different activities that being offered at the center or someone could just come in for good conversation with others.

Stop by and check us out or call the Senior Center if there are any questions that you might have about the meal site. Just ask for Leslie and I will be glad to talk with you. I will be waiting!

Nutrition Site Manager

Making Seniors Happy Patti Thummel Activities Director/Meals on Wheels Director



The Key to Aging Well!

This September, the National Institute of Senior Centers (NISC) is demonstrating how senior centers are integral parts of aging well. Senior centers are the key for individuals to age healthily, and also for communities to properly support older adults. We are celebrating this by highlighting the theme **Senior Centers: The Key to Aging Well**, and we invite you to join us for National Senior Center Month!

History

Our national celebration of senior centers began in 1979, with Senior Center Week celebrated in May. The concept gained support of other aging organizations, as well as the full Senate and the House Select Committee on Aging.

Thanks to the U.S. Conference of Mayors Aging Task Force, numerous mayoral proclamations celebrated Senior Center Week. In 1985, NISC was instrumental in achieving the first Senior Center Week Presidential Proclamation signed by President Ronald Reagan. In 2007, NISC designated the entire month of September as **Senior Center Month** to give centers greater flexibility in scheduling celebratory events.

Come down and check out **your** Senior Center!



The following groups will be delivering Meals on Wheels in September and October. Thank You!!

RSVP
Black Hills Energy
Garden Valley Retirement Village
Lewis Hooper Dick

American Warrior
Homestead Assisted Living
First Christian Church
Route & Duane Riley

We are in need of some volunteer substitute delivery people. If interested please call me at 620-272-3620.

Abigail Powell

Finney County Transit
Dispatcher/Driver

Transit News



We will be CLOSED on Monday September 2, 2019 for Labor Day. We will resume regular business hours on Tuesday September 3, 2019. We will also be offering Free rides to the Voting Booths on Election Day, November 5th, 2019. If you are wanting more information about our Mini Bus, City Link or Demand Response, you can visit us online at finneycounty-transit.org, call us at 620-272-3626 or come into the transit to ask us any questions you might have. We are located at 1008 N 11th St.

Senior Center Activity Calendar

September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Senior Center & Transit closed 	3 9:30 Learn Wood Carving Class 9:30 Strength Training 11:45 Trivia Tuesday 12:30 Pitch 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie S & S Day	4 8:30 Line Dancing 9:30 Trip to Stauth Museum in Montezuma ** 12:30 Pinochle 1:00 Enhance Fitness 4:00 Strength Training 7:30 Dance-Moonshiners	5 9:30 Strength Training 9:30 Learn Wood Carving Class 10:00 Art Class 10:30 Bingo 11:30 Lunch and Learn (Home Health) ** 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	6 8:30 Line Dancing 10:30 Nurse 1:00 Homemade Ice Cream Social 1:00 Enhance Fitness 1:00 Fun and Games 1:15 Bridge 6:00 Association Covered Dish 	7 1:00-4:00 Billiards
8 2:00 Duplicate Bridge	9 12:30 Double Pinochle 1:00 Enhance Fitness 4:00 Strength Training 6:00 Zumba w/Tessie 7:00 Duplicate Bridge	10 9:30 Learn Wood Carving Class 9:30 Strength Training 11:45 Trivia Tuesday 12:30 Pitch 4:00 Cardio Workout 6:00 Canvas+Paint with Katy Guthrie, Garden City Arts \$8.00 fee ** 6:00 PIYO/Yoga w/Tessie 	11 8:30 Line Dancing 9:30 Completely Unraveled 12:30 Pinochle 1:00 Foot Clinic * 1:00 Enhance Fitness 4:00 Strength Training 7:30 Dance-Craig Stevens 	12 9:30 Learn Wood Carving Class 9:30 Strength Training 10:00 Art Class 11:30 Library 11:45 Throw Back Thurs. 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie 	13 8:30 Line Dancing 9:30 Boot Hill Casino & Museum Trip (Dodge City) ** 10:30 Nurse 1:00 Fun and Games 1:00 Enhance Fitness 1:15 Bridge 	14 1:00-4:00 Billiards
15 2:00 Duplicate Bridge	16 12:30 Double Pinochle 1:00 Enhance Fitness 4:00 Strength Training 6:00 Zumba w/Tessie 7:00 Duplicate Bridge 	17 9:30 Learn Wood Carving Class 9:30 Strength Training 11:45 Trivia Tuesday 12:30 Pitch 12:45 Finney Co History Presentation by Johnetta Hebrlee from Finney Co. Museum 4:00 Cardio Workout 4:45 Trip to Grant Co. Home Products ** 6:00 PIYO/Yoga w/Tessie	18 8:30 Line Dancing 12:30 Pinochle 12:45 Mayor Proclamation/Balloon Launch 1:00 Enhance Fitness 4:00 Strength Training 7:30 Dance-Ortiz Band 	19 9:00-6:00 Senior Art Gallery 9:30 Strength Training 9:30 Learn Wood Carving Class 10:00 Art Class 11:30 Lunch & Learn ** 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 5:00 Soup Supper and Bingo 6:00 PIYO/Yoga w/Tessie 	20 8:30 Line Dancing 10:30 Nurse 1:00 Fun and Games 1:00 Legal Aide * 1:00 Enhance Fitness 1:15 Bridge 	21 1:00-4:00 Billiards
22 2:00 Duplicate Bridge	23 12:30 Double Pinochle 1:00 Enhance Fitness 1:30 FCCA MEETING 4:00 Strength Training 6:00 Zumba w/Tessie 7:00 Duplicate Bridge	24 9:30 Strength Training 9:30 Learn Wood Carving Class 10:30 1st Day of Fall Come In For Apple Cider and Pumpkin Bread 11:45 Trivia Tuesday 12:30 Pitch 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	25 8:30 Line Dancing 9:30 Completely Unraveled 10:00 Commodities 11:15 Lee Richardson Zoo Mobile ** 12:30 Pinochle 1:00 Enhance Fitness 4:00 Strength Training 7:30 Dance-OK Cowboy 	26 9:30 Strength Training 9:30 Learn Wood Carving Class 10:00 Art Class 10:30 Library 11:45 Throw Back Thurs. 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	27 8:30 Line Dancing 10:30 Nurse 12:45 Movie & Popcorn 1:00 Enhance Fitness 1:15 Bridge 	28 9:00 –3:00 Trip to Whimydiddle in Scott City** 9:00 Quilts of Valor 1:00-4:00 Billiards
29 2:00 Duplicate Bridge	30 12:30 Double Pinochle 1:00 Enhance Fitness 4:00 Strength Training 6:00 Zumba w/Tessie 7:00 Duplicate Bridge				** Need to Register with Della	* By APPOINTMENT ONLY

Senior Center Activity Calendar

October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		9:30 Learn Wood Carving Class 1 9:30 Strength Training 11:45 Trivia Tuesday 12:30 Pitch 4:00 Cardio Workout 5:00 Stay Strong, Stay Heathy 6:00 PIYO/Yoga w/Tessie S & S Day	8:30 Line Dancing 2 12:30 Pinochle 1:00 Enhance Fitness 1:15 Bridge 4:00 Strength Training 7:30 Dance-Craig Stevens	9:30 Strength Training 3 9:30 Learn Wood Carving Class 10:00 Art Class 10:30 Bingo 11:45 Throw Back Thurs. 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 5:00 Stay Strong, Stay Heathy 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 4 10:30 Nurse 1:00 Fun and Games 1:00 Enhance Fitness 1:15 Bridge 6:00 Association Covered Dish Covered Dish Supper	1:00-4:00 Billiards 5
2:00 Duplicate Bridge 6	12:30 Double Pinochle 7 1:00 Enhance Fitness 4:00 Strength Training 6:00 Zumba w/Tessie 7:00 Duplicate Bridge	9:30 Learn Wood Carving Class 8 9:30 Boot Hill Casino & Museum Trip (Dodge City) ** 9:30 Strength Training 11:45 Trivia Tuesday 12:30 Pitch 4:00 Cardio Workout 5:00 Stay Strong, Stay Heathy 6:00 PIYO/Yoga w/Tessie 6:00-8:00 Paint & Canvas Class	8:30 Line Dancing 9 9:30 Completely Unraveled 12:30 Pinochle 1:00 Enhance Fitness 4:00 Strength Training 7:30 Dance-Moonshiners	9:30 Strength Training 10 9:30 Learn Wood Carving Class 10:00 Art Class 11:30 Library 11:45 Throw Back Thurs. 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 5:00 Stay Strong, Stay Heathy 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 11 10:30 Nurse 1:00 Fun and Games 1:00 Enhance Fitness 1:15 Bridge	1:00-4:00 Billiards 12
2:00 Duplicate Bridge 13	12:30 Double Pinochle 14 1:00 Enhance Fitness 4:00 Strength Training 6:00 Zumba w/Tessie 6:30 Wreath Making Class- \$10.00 fee** 7:00 Duplicate Bridge	9:30 Learn Wood Carving Class 15 9:30 Strength Training 11:45 Trivia Tuesday 12:30 Pitch 4:00 Cardio Workout 5:00 Stay Strong, Stay Heathy 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 16 12:30 Pinochle 1:00 Foot Clinic * 1:30 FCCA MEETING 1:00 Enhance Fitness 4:00 Strength Training 7:30 Dance-Ortiz Band	9:30 Strength Training 17 9:30 Learn Wood Carving Class 10:00 Art Class 11:30 Lunch & Learn ** 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 5:00 Stay Strong, Stay Heathy 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 18 9:30 Monument Rocks & Scott Lake ** 10:30 Nurse 1:00 Legal Aide * 1:00 Fun and Games 1:00 Enhance Fitness 1:15 Bridge	1:00-4:00 Billiards 19
2:00 Duplicate Bridge 20	12:30 Double Pinochle 21 1:00 Enhance Fitness 4:00 Strength Training 6:00 Zumba w/Tessie 7:00 Duplicate Bridge	9:30 Learn Wood Carving Class 22 9:30 Strength Training 11:45 Trivia Tuesday 12:30 Pitch 4:00 Cardio Workout 5:00 Stay Strong, Stay Heathy 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 23 12:30 Pinochle 9:30 Completely Unraveled 1:00 Enhance Fitness 1:30 FCCA MEETING 4:00 Strength Training 7:30 Dance-Bob Walter	9:00 Bison Range Trip** 24 9:30 Strength Training 9:30 Learn Wood Carving Class 10:00 Art Class 11:30 Library 11:45 Throw Back Thurs. 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 5:00 Fall Soup Supper and fun 5:00 Stay Strong, Stay Heathy 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 25 10:30 Nurse 12:45 Movie & Popcorn 1:00 Enhance Fitness 1:15 Bridge	9:00 Quilts of Valor 1:00-4:00 Billards 26
2:00 Duplicate Bridge 27	12:30 Double Pinochle 28 1:00 Enhance Fitness 4:00 Strength Training 6:00 Zumba w/Tessie 7:00 Duplicate Bridge	9:30 Learn Wood Carving Class 29 9:30 Strength Training 11:45 Trivia Tuesday 12:30 Pitch 4:00 Cardio Workout 5:00 Stay Strong, Stay Heathy 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 30 9:30 Completely Unraveled 12:30 Pinochle 1:00 Enhance Fitness 4:00 Strength Training 7:30 Dance-DJ Larry Vogel	9:30 Strength Training 31 9:30 Learn Wood Carving Class 10:00 Art Class 11:45 Throw Back Thurs. 12:45 Halloween Fun & Games 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 5:00 Stay Strong, Stay Heathy 6:00 PIYO/Yoga w/Tessie		* By APPOINTMENT ONLY ** Need to Register with Della