



October Weekly Activities



Monday 8:15AM

9:30AM

1:00PM



1:00PM

9-12:00

Tuesday 9:30AM

10:30AM

11-12:30

12:30PM



12:00PM

12:30PM

1:30PM

1:30PM

6:30PM

Wednesday 9:30AM

10:30AM



12:30PM

12:00PM

Thursday 8:30AM

9:00AM



1:00PM

1-3:00PM

Friday 9:00AM

9:30AM

12:00PM



12-3:00PM

Chair Yoga

Chair Yoga

Afternoon Art

Pinochle (Looking for new players 😊!)

Jeff Lewis BC/BS (The 4th Monday of each Month)

Resistance Band Exercise

B/P with Joyce (2nd & 4th Tuesday of each Month)

Lawyer NCOFA (1st Tuesday of Each Month)

Senior Club (1st Tuesday) **Travel Club** (4th Tuesday)

Bridge (1st Tuesday of Each Month Only)

Euchre

Book Club (3rd Tuesday of Each Month)

Technology 101 (1st Tuesday of Each Month)

Wood Carvers (6:30-8:30PM 3rd Tuesday of each Month!)

Silver Sneakers

Larks

BINGO

Mahjongg (Looking for new players 😊!)

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Wood Carvers (6:30-8:30PM 3rd Tuesday of each Month!)

Exercise with Kathy

Grief Support (2nd & 4th Tuesday of each Month)

Quilters, Knitters, and Crochet

Chair Yoga

Trivia

Bridge (Looking for players 😊!)