

Westside Senior Center Calendar of Events

◀ October		November 2020					December ▶
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
						1 DAY LIGHT SAVINGS TIME CHANGE BATTERIES	
2 <u>U.S. ELECTION DAY</u> MOVE AROUND THE HOUSE OR OUTSIDE <u>CALL A FRIEND</u>	3 <u>EXERCISE</u> USE CANS AS WEIGHTS & DO LEG LIFTS AT THE KITCHEN SINK	4 MOVE AROUND THEHOUSE OR OUTSIDE <u>ZIGSAW PUZZLES</u> <u>VNS FOOD BANK</u>	5 <u>EXERCISE</u> USE CANS AS WEIGHTS & DO LEG LIFTS AT THE KITCHEN SINK	6 MOVE AROUND THE HOUSE OR OUTSIDE <u>PRIZE WINNER</u>	7 BOOK LOVERS' DAY	8 NATIONAL VANILLA DAY	
9 <u>WALK THE DOG</u>	10 <u>EXERCISE</u> USE CANS AS WEIGHTS & DO LEG LIFTS AT THE KITCHEN SINK	11 <u>PLANT AN INSIDE GARDEN FOR SPRING</u>	12 <u>EXERCISE</u> USE CANS AS WEIGHTS & DO LEG LIFTS AT THE KITCHEN SINK	13 MOVE AROUND THE HOUSE OR OUTSIDE <u>PRIZE WINNER</u>	14 30TH ANNIV OPENING BERLIN WALL 1989	15 NATIONAL HOME CAREGIVERS AIDE WEEK	
16 <u>HAVE LUNCH WITH A FRIEND</u>	17 <u>EXERCISE</u> USE CANS AS WEIGHTS & DO LEG LIFTS	18 <u>BAKE COOKIES FOR A NEIGHBOR</u>	19 <u>EXERCISE</u> USE CANS AS WEIGHTS & DO LEG LIFTS	20 <u>EXERCISE IN THE HOUSE OR OUTSIDE</u> <u>PRIZE WINNER</u> <u>WSC FOOD BANK</u>	21 NATIONAL CLEAN OUT YOUR REFRIGERATORS	22 NATIONAL BIBLE WEEK	
23 <u>CLEAN OUT A CLOSET</u>	24 <u>EXERCISE</u> USE CANS AS WEIGHTS & DO LEG LIFTS	25 <u>FINISH THE QUILT OR CROSS STICH</u>	26 CENTER CLOSED	27 CENTER CLOSED	28 CELEBRATE YOUR UNIQUE TALENTWEEK	29 COMPUTER SECURITY DAY	
30 <u>RAKE UP LEAVES</u>							