FOR CONGREGATE MEALS AT MILFORD SENIOR CENTER CALL DENISE AT 508-478-8102 TWO DAYS PRIOR TO RESERVE A MEAL

SEPTEMBER / OCTOBER

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
		0.00	SEPTEMBER 4	0.00	SEPTEMBER 5	0.00	SEPTEMBER 6	0.00	SEPTEMBER 7
W	E WILL BE	8:00 8:00	ELECTION DAY Walking Group	8:00 9:00	Walking Group Zumba Gold Toning®	8:00 9:00	Walking Group Knitting & Sewing	8:00 8:15	Walking Group ADVANCED TAP DANCE
~			Tap Dance COA MEETING	9:00 10:00	Wellness Nurse Water Color Class	9:00 9:00	Wellness Nurse	9:00 9:15	Hairdresser Tap Dance
G	OSED ON	10:30 11:00	Zumba Gold® Whist	10:15 11:15	Fall Prevention Muscle Conditioning	9:30 10:30	LOW VISION SUPPORT GROUP Line Dancing	10:30	Zumba Gold®
τī	DOD DAV	12:30 1:00	Turkey Foot Dominoes	1:00	Bingo	11:45	Strength & Stretch		
L	ABOR DAY	1.00	Mah Jongg	1:00	Chess	1:00 1:15	Cribbage Safe Exercise		
			Salmon Boat with Dill Sauce		Chicken Fajitas		Hot Dog on Bun		Lasagna
8:00	SEPTEMBER 10 Walking Group	8:00	SEPTEMBER 11 Walking Group	8:00	SEPTEMBER 12 Walking Group	8:00	SEPTEMBER 13 Walking Group	8:00	SEPTEMBER 14
8:30	EXPRESS MUSCLE & MAT	9:30	POLICE & FIRE	9:00	Zumba Gold Toning®	9:00	Knitting & Sewing	8:00 8:15	Walking Group BEGINNER / REVIEW
10:30	Cribbage Zumba Gold®	9:15	APPRECIATION BREAKFAST	9:00 10:00	Wellness Nurse Water Color Class	9:00 9:00	Wellness Nurse Yoga	9:00	TAP DANCE Hairdresser
	Benefit Enrollment Center Safe Exercise	10:30 11:00	Zumba Gold [®] Whist	10:15 11:15	Fall Prevention Muscle Conditioning	9:30 10:30	WĂLKING CLUB – OFFSITE Line Dancing	9:15 10:30	Tap Dance Zumba Gold®
		12:30 1:00	Turkey Foot Dominoes Mah Jongg	1:00 1:00	Bingo Chess	11:45 1:00	Line Dancing Strength & Stretch Cribbage	10.00	
		1.00	Marroongg	1.00	Chess	1:00	MY LIFE MY HEALTH WORKSHOP		
	Halian Duais ad Daaf		Obieles Merror		Da a sé Da vía	1:15	Safe Exercise		Datata Ommak Fish
	Italian Braised Beef	<u> </u>	Chicken Mornay		Roast Pork		Cold Roast Beef Sandwich		Potato Crunch Fish
8:00	SEPTEMBER 17 Walking Group	8:00	SEPTEMBER 18 Walking Group	8:00	SEPTEMBER 19 Walking Group	8:00	SEPTEMBER 20 Walking Group	8:00	SEPTEMBER 21 Walking Group
8:30	Express Muscle & Mat Cribbage	9:15 10:00	Tap Dance	9:00 9:00	Zumba Gold Toning® Wellness Nurse	9:00 9:00	Knitting & Sewing Wellness Nurse	8:15 9:00	ADVANCED TAP DANCE Hairdresser
10:30	Zumba Gold® Safe Exercise	10:30 11:00	Zumba Gold® Whist	10:00	Water Color Class	9:00	Yoga	9:15 9:30	
1.15	Sale Exercise	12:30	Turkey Foot Dominoes	10:15 11:15	Fall Prevention Muscle Conditioning	10:30 11:45	Line Dancing Strength & Stretch	10:30	Zumba Gold®
		1:00	Mah Jongg	1:00 1:00	Bingo Chess	1:00 1:00	Cribbage MY LIFE MY HEALTH WORKSHOP		
						1:15	Safe Exercise		
	Chicken Cacciatore	Bal	ked Potato with Chili & Cheese		Turkey Supreme		Meatloaf with Gravy		Mac 'n Cheese
8:00	SEPTEMBER 24 Walking Group	8:00	SEPTEMBER 25 Walking Group	8:00	SEPTEMBER 26 Walking Group	8:00	SEPTEMBER 27 Walking Group	8:00	SEPTEMBER 28 Walking Group
8:30	Express Muscle & Mat Cribbage	9:15 10:30	Tap Dance Zumba Gold®	9:00 9:00	Zumba Gold Toning [®] Wellness Nurse	9:00 9:00 9:00	Knitting & Sowing	8:15	BEGINNER / REVIEW
9:30	BARRĔ ABOVE®	11:00	Whist	10:00	Water Color Class	9:00	Wellness Nurse Yoga	9:00 0:15	Hairdresser
1:00	Benefit Enrollment Center	12.00	Whist POUND® Turkey Foot Dominoes	10:15 11:15	Muscle Conditioning	9:30 9:30	WĂLKING CLUB – OFFSITE MEN'S GROUP	9:15 10:30	Tap Dance Zumba Gold® David®
1:15	Safe Exercise	1:00	Mah Jongg	1:00 1:00	Bingo Chess	10:30 11:45	Line Dancing Strength & Stretch	11:45 12:30	Pound® FREE MOVIE
						12:30	HEALTHY LIVING LUNCHEON		
						1:00 1:00	Cribbage MY LIFE MY HEALTH WORKSHOP		- (
	Swedish Meatballs		Pork Rib-i-que		Sloppy los	1:15	Safe Exercise Catch of the Day		Buttermilk Chicken
	OCTOBER 1	+	OCTOBER 2		Sloppy Joe OCTOBER 3 \\\				OCTOBER 5
	Walking Group	8:00	Walking Group	8:00	Walking Group	8:00	Walking Group	8:00	Walking Group
	Express Muscle & Mat Cribbage	9:15 10:30	Tap Dance Zumba Gold®	9:00 9:00	Zumba Gold Toning®	8:30	GRANITE STATE CHOCOLATE	8:15 9:00	ADVANCED TAP DANCE Hairdresser
9:30	Barre Above® Zumba Gold®	11:00 11:45	Whist Pound [®]	9:00 10:00	Wellness Nurse Water Color Class	9:00 9:00	& WINE TOUR Knitting & Sewing Wellness Nurse	9:15 10:30	Tap Dance Zumba Gold®
	Safe Exercise	12:30 1:00	Turkey Foot Dominoes Mah Jongg	10:15 11:15	Fall Prevention Muscle Conditioning	9:00	Yoga	11:45	Pound®
				1:00	Bingo	9:30 10:30	LOW VISION SUPPORT GROUP		
				1:00	Chess	11:45 1:00	Strength & Štretch Cribbage		
						1:00 1:15	MY LIFE MY HEALTH WORKSHOP Safe Exercise		
1	the the the	1	OCTOBER 9	1	OCTOBER 10		OCTOBER 11		OCTOBER 12
		-	Walking Group	8:00	Walking Group				OCTOBER 12
te		8:00 9:15			Zumba Gold Toning®	8:00 9:00	Walking Group Knitting & Sewing	8:00 8:15	Walking Group
No		9:15 10:30	Tap Dance Zumba Gold®	9:00 9:00	Zumba Gold Toning [®] Wellness Nurse	9:00 9:00	Knitting & Sewing Wellness Nurse	8:15	Walking Group BEGINNER / REVIEW TAP DANCE
$\Pi \Pi \Lambda$		9:15 10:30 11:00 11:45	Tap Dance Zumba Gold [®] Whist Pound [®]	9:00 9:00 10:00 10:15	Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention	9:00 9:00 9:00 10:30	Knitting & Sewing Wellness Nurse	8:15 9:00 9:15	Walking Group BEGINNER / REVIEW TAP DANCE Hairdresser Tap Dance
1.11.1		9:15 10:30 11:00 11:45 12:30 12:30	Tap Dance Zumba Gold [®] Whist Pound [®] Turkey Foot Dominoes RED HAT SOCIETY	9:00 9:00 10:00 10:15 11:15	Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning	9:00 9:00 9:00 10:30 11:00	Knitting & Sewing Wellness Nurse Yoga Line Dancing DR. GARY HYLANDER	8:15 9:00	Walking Group BEGINNER / REVIEW TAP DANCE Hairdresser
44	LUMBUS DAY	9:15 10:30 11:00 11:45 12:30	Tap Dance Zumba Gold® Whist Pound® Turkey Foot Dominoes	9:00 9:00 10:00 10:15	Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention	9:00 9:00 9:00 10:30 11:00 11:45 1:00	Knitting & Sewing Wellness Nurse Yoga Line Dancing DR. GARY HYLANDER Strength & Stretch Cribbage	8:15 9:00 9:15 10:30	Walking Group BEGINNER / REVIEW TAP DANCE Hairdresser Tap Dance Zumba Gold®
44	LUMBUS DAY CLOSED	9:15 10:30 11:00 11:45 12:30 12:30	Tap Dance Zumba Gold® Whist Pound® Turkey Foot Dominoes RED HAT SOCIETY Mah Jongg	9:00 9:00 10:00 10:15 11:15 1:00	Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning Bingo Chess	9:00 9:00 9:00 10:30 11:00 11:45	Knitting & Sewing Wellness Nurse Yoga Line Dancing DR. GARY HYLANDER Strength & Stretch	8:15 9:00 9:15 10:30	Walking Group BEGINNER / REVIEW TAP DANCE Hairdresser Tap Dance Zumba Gold® Pound®
<u>44</u>	CLOSED OCTOBER 15	9:15 10:30 11:00 11:45 12:30 12:30 1:00	Tap Dance Zumba Gold® Whist Pound® Turkey Foot Dominoes RED HAT SOCIETY Mah Jongg OCTOBER 16	9:00 9:00 10:00 10:15 11:15 1:00 1:00	Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning Bingo Chess	9:00 9:00 10:30 11:00 11:45 1:00 1:00 1:15	Knitting & Sewing Wellness Nurse Yoga Line Dancing DR. GARY HYLANDER Strength & Stretch Cribbage MY LIFE MY HEALTH WORKSHOP Safe Exercise OCTOBER 18	8:15 9:00 9:15 10:30 11:45	Walking Group BEGINNER / REVIEW TAP DANCE Hairdresser Tap Dance Zumba Gold® Pound®
8:30	CLOSED OCTOBER 15 Walking Group Express Muscle & Mat	9:15 10:30 11:00 11:45 12:30 12:30 1:00 8:00 9:15	Tap Dance Zumba Gold® Whist Pound® Turkey Foot Dominoes RED HAT SOCIETY Mah Jongg OCTOBER 16 Walking Group Tap Dance	9:00 9:00 10:00 10:15 11:15 1:00 1:00 8:00 9:00	Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning Bingo Chess OCTOBER 17 Walking Group Zumba Gold Toning®	9:00 9:00 9:00 10:30 11:00 11:45 1:00 1:15 8:00 9:00	Knitting & Sewing Wellness Nurse Yoga Line Dancing DR. GARY HYLANDER Strength & Stretch Cribbage MY LIFE MY HEALTH WORKSHOP Safe Exercise OCTOBER 18 Walking Group Knitting & Sewing	8:15 9:00 9:15 10:30 11:45 8:00 8:00 8:15	Walking Group BEGINNER / REVIEW TAP DANCE Hairdresser Tap Dance Zumba Gold® Pound® OCTOBER 19 Walking Group ADVANCED TAP DANCE
8:30 9:30 9:30	CLOSED OCTOBER 15 Walking Group Express Muscle & Mat Cribbage Barre Above®	9:15 10:30 11:00 11:45 12:30 12:30 1:00 8:00 9:15 10:00 10:30	Tap Dance Zumba Gold® Whist Pound® Turkey Foot Dominoes RED HAT SOCIETY Mah Jongg OCTOBER 16 Walking Group Tap Dance BOOK CLUB Zumba Gold®	9:00 9:00 10:00 10:15 11:15 1:00 1:00 8:00	Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning Bingo Chess OCTOBER 17 Walking Group	9:00 9:00 9:00 10:30 11:00 11:45 1:00 1:00 1:15 8:00 9:00 9:00 9:00	Knitting & Sewing Wellness Nurse Yoga Line Dancing DR. GARY HYLANDER Strength & Stretch Cribbage MY LIFE MY HEALTH WORKSHOP Safe Exercise OCTOBER 18 Walking Group Knitting & Sewing Wellness Nurse Yoga	8:15 9:00 9:15 10:30 11:45 8:00 8:00 8:15 9:00 9:15	Walking Group BEGINNER / REVIEW TAP DANCE Hairdresser Tap Dance Zumba Gold® Pound® OCTOBER 19 Walking Group ADVANCED TAP DANCE Hairdresser Tap Dance
8:30 9:30 9:30 10:30	CLOSED CLOSED OCTOBER 15 Walking Group Express Muscle & Mat Cribbage Barre Above® Zumba Gold®	9:15 10:30 11:00 11:45 12:30 12:30 1:00 8:00 9:15 10:00 10:30 11:00	Tap Dance Zumba Gold® Whist Pound® Turkey Foot Dominoes RED HAT SOCIETY Mah Jongg OCTOBER 16 Walking Group Tap Dance BOOK CLUB Zumba Gold® Whist	9:00 9:00 10:00 10:15 11:15 1:00 1:00 8:00 9:00 9:00 9:00 10:00 10:15	Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning Bingo Chess OCTOBER 17 Walking Group Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention	9:00 9:00 9:00 10:30 11:00 11:45 1:00 1:00 1:15 8:00 9:00 9:00 9:00 9:00 9:00	Knitting & Sewing Wellness Nurse Yoga Line Dancing DR. GARY HYLANDER Strength & Stretch Cribbage MY LIFE MY HEALTH WORKSHOP Safe Exercise OCTOBER 18 Walking Group Knitting & Sewing Wellness Nurse Yoga Line Dancing	8:15 9:00 9:15 10:30 11:45 8:00 8:15 9:00 9:15 10:30	Walking Group BEGINNER / REVIEW TAP DANCE Hairdresser Tap Dance Zumba Gold® Pound® OCTOBER 19 Walking Group ADVANCED TAP DANCE Hairdresser Tap Dance Zumba Gold®
8:30 9:30 9:30 10:30 1:00	CLOSED OCTOBER 15 Walking Group Express Muscle & Mat Cribbage Barre Above®	9:15 10:30 11:00 11:45 12:30 12:30 1:00 1:00 8:00 9:15 10:30 11:00 11:45 12:30	Tap Dance Zumba Gold® Whist Pound® Turkey Foot Dominoes RED HAT SOCIETY Mah Jongg OCTOBER 16 Walking Group Tap Dance BOOK CLUB Zumba Gold® Whist Pound® Turkey Foot Dominoes	9:00 9:00 10:00 10:15 11:15 1:00 1:00 1:00 9:00 9:00 9:00 10:00 10:15 11:15 1:00	Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning Bingo Chess OCTOBER 17 Walking Group Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning Bingo	9:00 9:00 9:00 10:30 11:00 11:45 1:00 1:00 1:15 8:00 9:00 9:00 9:00 9:00 9:00 10:30 11:45 12:30	Knitting & Sewing Wellness Nurse Yoga Line Dancing DR. GARY HYLANDER Strength & Stretch Cribbage MY LIFE MY HEALTH WORKSHOP Safe Exercise OCTOBER 18 Walking Group Knitting & Sewing Wellness Nurse Yoga Line Dancing Strength & Stretch HEALTHY LIVING LUNCHEON	8:15 9:00 9:15 10:30 11:45 8:00 8:00 8:15 9:00 9:15	Walking Group BEGINNER / REVIEW TAP DANCE Hairdresser Tap Dance Zumba Gold® Pound® OCTOBER 19 Walking Group ADVANCED TAP DANCE Hairdresser Tap Dance
8:30 9:30 9:30 10:30 1:00	CLOSED CLOSED OCTOBER 15 Walking Group Express Muscle & Mat Cribbage Barre Above® Zumba Gold® Benefit Enrollment Center	9:15 10:30 11:00 11:45 12:30 12:30 1:00 1:00 8:00 9:15 10:30 10:30 11:00 11:45	Tap Dance Zumba Gold® Whist Pound® Turkey Foot Dominoes RED HAT SOCIETY Mah Jongg OCTOBER 16 Walking Group Tap Dance BOOK CLUB Zumba Gold® Whist Pound®	9:00 9:00 10:00 10:15 11:15 1:00 1:00 9:00 9:00 9:00 10:00 10:15 11:15	Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning Bingo Chess OCTOBER 17 Walking Group Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning	9:00 9:00 9:00 10:30 11:00 11:45 1:00 1:15 8:00 9:00 9:00 9:00 10:30 11:45 12:30 1:00 1:00	Knitting & Sewing Wellness Nurse Yoga Line Dancing DR. GARY HYLANDER Strength & Stretch Cribbage MY LIFE MY HEALTH WORKSHOP Safe Exercise OCTOBER 18 Walking Group Knitting & Sewing Wellness Nurse Yoga Line Dancing Strength & Stretch HEALTHY LIVING LUNCHEON Cribbage MY LIFE MY HEALTH WORKSHOP	8:15 9:00 9:15 10:30 11:45 8:00 8:15 9:00 9:15 10:30	Walking Group BEGINNER / REVIEW TAP DANCE Hairdresser Tap Dance Zumba Gold® Pound® OCTOBER 19 Walking Group ADVANCED TAP DANCE Hairdresser Tap Dance Zumba Gold®
8:30 9:30 9:30 10:30 1:00	CLOSED CL	9:15 10:30 11:00 11:45 12:30 12:30 1:00 1:00 8:00 9:15 10:30 11:00 11:45 12:30	Tap Dance Zumba Gold® Whist Pound® Turkey Foot Dominoes RED HAT SOCIETY Mah Jongg OCTOBER 16 Walking Group Tap Dance BOOK CLUB Zumba Gold® Whist Pound® Turkey Foot Dominoes Mah Jongg	9:00 9:00 10:00 10:15 11:15 1:00 1:00 1:00 9:00 9:00 9:00 10:00 10:15 11:15 1:00	Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning Bingo Chess OCTOBER 17 Walking Group Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning Bingo Chess	9:00 9:00 9:00 10:30 11:00 11:45 1:00 1:00 1:15 8:00 9:00 9:00 9:00 9:00 10:30 11:45 12:30 1:00	Knitting & Sewing Wellness Nurse Yoga Line Dancing DR. GARY HYLANDER Strength & Stretch Cribbage MY LIFE MY HEALTH WORKSHOP Safe Exercise OCTOBER 18 Walking Group Knitting & Sewing Wellness Nurse Yoga Line Dancing Strength & Stretch HEALTHY LIVING LUNCHEON Cribbage MY LIFE MY HEALTH WORKSHOP Safe Exercise	8:15 9:00 9:15 10:30 11:45 8:00 8:15 9:00 9:15 10:30	Walking Group BEGINNER / REVIEW TAP DANCE Hairdresser Tap Dance Zumba Gold® Pound® OCTOBER 19 Walking Group ADVANCED TAP DANCE Hairdresser Tap Dance Zumba Gold® Pound®
8:30 9:30 9:30 10:30 1:00 1:15 8:00	CLOSED CLOSED CLOSED CLOSED CLOSED CCTOBER 15 Walking Group Express Muscle & Mat Cribbage Barre Above® Zumba Gold® Benefit Enrollment Center Safe Exercise CCTOBER 22 Walking Group	9:15 10:30 11:00 11:45 12:30 12:30 1:00 1:00 11:00 10:30 11:00 11:45 12:30 1:00 1:00	Tap Dance Zumba Gold® Whist Pound® Turkey Foot Dominoes RED HAT SOCIETY Mah Jongg OCTOBER 16 Walking Group Tap Dance BOOK CLUB Zumba Gold® Whist Pound® Turkey Foot Dominoes	9:00 9:00 10:00 10:15 11:15 1:00 1:00 9:00 9:00 9:00 10:00 10:15 11:15 1:00 1:00	Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning Bingo Chess OCTOBER 17 Walking Group Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning Bingo Chess OCTOBER 24 Walking Group	9:00 9:00 9:00 10:30 11:00 11:45 1:00 1:15 8:00 9:00 9:00 9:00 9:00 10:30 11:45 12:30 1:00 1:15 8:00	Knitting & Sewing Wellness Nurse Yoga Line Dancing DR. GARY HYLANDER Strength & Stretch Cribbage MY LIFE MY HEALTH WORKSHOP Safe Exercise OCTOBER 18 Walking Group Knitting & Sewing Wellness Nurse Yoga Line Dancing Strength & Stretch HEALTHY LIVING LUNCHEON Cribbage MY LIFE MY HEALTH WORKSHOP Safe Exercise OCTOBER 25 Walking Group	8:15 9:00 9:15 10:30 11:45 8:00 8:15 9:00 9:15 10:30 11:45 8:00	Walking Group BEGINNER / REVIEW TAP DANCE Hairdresser Tap Dance Zumba Gold® Pound® OCTOBER 19 Walking Group ADVANCED TAP DANCE Hairdresser Tap Dance Zumba Gold® Pound®
8:30 9:30 9:30 10:30 1:00 1:15 8:00 8:30	CLOSED CLOSED CLOSED CLOSED CCTOBER 15 Walking Group Express Muscle & Mat Cribbage Barre Above® Zumba Gold® Benefit Enrollment Center Safe Exercise CCTOBER 22 Walking Group Express Muscle & Mat	9:15 10:30 11:00 11:45 12:30 12:30 1:00 9:15 10:00 10:30 11:45 12:30 1:00 11:45 12:30 1:00	Tap Dance Zumba Gold® Whist Pound® Turkey Foot Dominoes RED HAT SOCIETY Mah Jongg OCTOBER 16 Walking Group Tap Dance BOOK CLUB Zumba Gold® Whist Pound® Turkey Foot Dominoes Mah Jongg OCTOBER 23 Walking Group Tap Dance	9:00 9:00 10:00 10:15 11:15 1:00 1:00 9:00 9:00 9:00 10:00 10:15 11:15 1:00 1:00 1:00	Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning Bingo Chess OCTOBER 17 Walking Group Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning Bingo Chess	9:00 9:00 9:00 10:30 11:00 11:45 1:00 1:15 8:00 9:00 9:00 9:00 10:30 11:45 12:30 1:00 1:15 8:00 9:00	Knitting & Sewing Wellness Nurse Yoga Line Dancing DR. GARY HYLANDER Strength & Stretch Cribbage MY LIFE MY HEALTH WORKSHOP Safe Exercise OCTOBER 18 Walking Group Knitting & Sewing Wellness Nurse Yoga Line Dancing Strength & Stretch HEALTHY LIVING LUNCHEON Cribbage MY LIFE MY HEALTH WORKSHOP Safe Exercise OCTOBER 25 Walking Group Knitting & Sewing	8:15 9:00 9:15 10:30 11:45 8:00 8:15 9:00 9:15 10:30 11:45	Walking Group BEGINNER / REVIEW TAP DANCE Hairdresser Tap Dance Zumba Gold® Pound® OCTOBER 19 Walking Group ADVANCED TAP DANCE Hairdresser Tap Dance Zumba Gold® Pound® OCTOBER 26 Walking Group BEGINNER / REVIEW
8:30 9:30 9:30 10:30 1:00 1:15 8:00 8:30 9:30 9:30	CLOSED CLOSED CLOSED CCTOBER 15 Walking Group Express Muscle & Mat Cribbage Barre Above® Zumba Gold® Benefit Enrollment Center Safe Exercise CCTOBER 22 Walking Group Express Muscle & Mat Cribbage Barre Above®	9:15 10:30 11:00 11:45 12:30 12:30 1:00 9:15 10:00 10:30 11:45 12:30 1:00 11:45 12:30 1:00 8:00 9:15 10:30 1:00	Tap Dance Zumba Gold® Whist Pound® Turkey Foot Dominoes RED HAT SOCIETY Mah Jongg OCTOBER 16 Walking Group Tap Dance BOOK CLUB Zumba Gold® Whist Pound® Turkey Foot Dominoes Mah Jongg OCTOBER 23 Walking Group Tap Dance Zumba Gold® Whist	9:00 9:00 10:00 10:15 11:15 1:00 1:00 9:00 9:00 9:00 10:00 10:00 10:00 8:00 9:00 10:00	Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning Bingo Chess OCTOBER 17 Walking Group Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning Bingo Chess OCTOBER 24 Walking Group Zumba Gold Toning® Wellness Nurse Water Color Class	9:00 9:00 9:00 10:30 11:00 11:45 1:00 1:15 8:00 9:00 9:00 9:00 10:30 1:45 12:30 1:00 1:15 8:00 9:00 9:00 9:00 9:00	Knitting & Sewing Wellness Nurse Yoga Line Dancing DR. GARY HYLANDER Strength & Stretch Cribbage MY LIFE MY HEALTH WORKSHOP Safe Exercise OCTOBER 18 Walking Group Knitting & Sewing Wellness Nurse Yoga Line Dancing Strength & Stretch HEALTHY LIVING LUNCHEON Cribbage MY LIFE MY HEALTH WORKSHOP Safe Exercise OCTOBER 25 Walking Group Knitting & Sewing Wellness Nurse Yoga	8:15 9:00 9:15 10:30 11:45 8:00 8:15 9:15 10:30 11:45 8:00 8:15 9:00 8:15 9:00	Walking Group BEGINNER / REVIEW TAP DANCE Hairdresser Tap Dance Zumba Gold® Pound® OCTOBER 19 Walking Group ADVANCED TAP DANCE Hairdresser Tap Dance Zumba Gold® Pound® OCTOBER 26 Walking Group BEGINNER / REVIEW TAP DANCE Hairdresser
8:30 9:30 9:30 10:30 1:00 1:15 8:00 8:30 9:30 9:30 10:30	CLOSED CLOSED CLOSED CLOSED CCTOBER 15 Walking Group Express Muscle & Mat Cribbage Barre Above® Zumba Gold® Benefit Enrollment Center Safe Exercise CCTOBER 22 Walking Group Express Muscle & Mat Cribbage	9:15 10:30 11:00 11:45 12:30 12:30 1:00 9:15 10:00 10:30 11:45 12:30 1:00 8:00 9:15 10:30 1:00 1:45 10:30 11:45 12:30	Tap Dance Zumba Gold® Whist Pound® Turkey Foot Dominoes RED HAT SOCIETY Mah Jongg OCTOBER 16 Walking Group Tap Dance BOOK CLUB Zumba Gold® Whist Pound® Turkey Foot Dominoes Mah Jongg OCTOBER 23 Walking Group Tap Dance Zumba Gold® Whist Pound® Turkey Foot Dominoes	9:00 9:00 10:00 10:15 11:15 1:00 1:00 9:00 9:00 9:00 10:00 10:00 1:00 1	Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning Bingo Chess OCTOBER 17 Walking Group Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning Bingo Chess OCTOBER 24 Walking Group Zumba Gold Toning® Wellness Nurse Water Color Class Fall Prevention Muscle Conditioning®	9:00 9:00 9:00 9:00 10:30 11:00 1:15 8:00 9:00 9:00 9:00 10:30 11:45 12:30 1:00 1:15 8:00 9:00 9:00 9:00 9:00 9:00 9:00 9:00	Knitting & Sewing Wellness Nurse Yoga Line Dancing DR. GARY HYLANDER Strength & Stretch Cribbage MY LIFE MY HEALTH WORKSHOP Safe Exercise OCTOBER 18 Walking Group Knitting & Sewing Wellness Nurse Yoga Line Dancing Strength & Stretch HEALTHY LIVING LUNCHEON Cribbage MY LIFE MY HEALTH WORKSHOP Safe Exercise OCTOBER 25 Walking Group Knitting & Sewing Wellness Nurse Yoga MEDICARE OPEN ENROLLMENT UPDATE	8:15 9:00 9:15 10:30 11:45 8:00 8:15 9:00 9:15 10:30 11:45 8:00 8:15 9:00 9:15 10:30 11:45	Walking Group BEGINNER / REVIEW TAP DANCE Hairdresser Tap Dance Zumba Gold® Pound® OCTOBER 19 Walking Group ADVANCED TAP DANCE Hairdresser Tap Dance Zumba Gold® Pound® OCTOBER 26 Walking Group BEGINNER / REVIEW TAP DANCE Hairdresser Tap Dance Zumba Gold®
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