



The Thompson

Your resource to age well

PROGRAM CALENDAR - OCTOBER 2019

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
BINGO daily at 10:30 am except on birthday day and other special meal days. Location changes based on the day's schedule.	9 Strengthen & Stretch 10 Double King Pede 10 Beginning Italian 12 Spanish Table 12:30-3 Pain Management Workshop* 1:30 Mah Jongg 3 Bone Builders	9 W. Leb Shopping* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1:30 Monthly ArtisTree Project*	Late Opening for Dinner and Our National Parks Presentation Beginning at 5:30 pm (There will be no noon meal served today due to late opening)	9 AARP Smart Driver* 10-12:30 CCC Office Hours* 12 German Language Table
7	8	9	10	11
Woodstock Day* 10:15 Memoir Group 1 Advisory	9 Strengthen & Stretch 9:30 Reflexology* 10-11 Veggie VanGo 10 Double King Pede 10 Beginning Italian 12 Spanish Table 12:30-3 Pain Management Workshop* 1:30 Mah Jongg 3 Bone Builders 5:30 VHC Workshop	9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1:00 Africa Slide Show	9 Strengthen & Stretch 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	Oktoberfest* 10-12:30 CCC Office hours* 12 German Language Table 1 Music with Brent Buswell
14	15	16	17	18
CLOSED for Columbus Day	9 Strengthen & Stretch 10 Double King Pede 10 Beginning Italian 11:30 Commodities 12:45 Tech Tutoring* 12 Spanish Table 12:30-3 Pain Management Workshop* 1:30 Mah Jongg 2 Collette Travel Presentation 3 Bone Builders	9 W. Leb Shopping* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 12:30 Caregiver Support Group 12:30 Depart for VINS Forest Canopy Walk*	9-12 Flu Clinic 9 Strengthen & Stretch 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting with ArtisTree* 12 German Language Table
21	22	23	24	25
8:30 Newsletter Folding 9 Strengthen & Stretch 10:15 Memoir Group	9 Strengthen & Stretch 9:30 Reflexology* 10 Double King Pede 10 Beginning Italian 12 Spanish Table 12:30-3 Pain Management Workshop* 1:30 Mah Jongg 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Annual Meeting 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 2-4 Dementia Care Training*	Birthday Day* 9 Strengthen & Stretch 9-11 Chair Massage* 10-12 Wellness Clinic 10 Cribbage 10:00 Italian Study 12 Italian Table 12:30-3 Foot Care Clinic* 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting with ArtisTree* 12 German Language Table
28	29	30	31	
9 Strengthen & Stretch 10:15 Memoir Group	9 Strengthen & Stretch 10 Double King Pede 10 Beginning Italian 12 Spanish Table 12:30-3 Pain Management Workshop* 1:30 Mah Jongg 3 Bone Builders	8:30 Balance Clinic* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 2-4 Dementia Care Training*	Halloween Fun 9 Strengthen & Stretch 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	* Indicates that sign-up/reservations are required