



PROGRAM CALENDAR - OCTOBER 2021

Mon	Tue	Wed	Thu	Fri
				1
RESERVATIONS REQUIRED FOR ALL PROGRAMS & CLASSES				10 am BINGO 1 Mahjong 1 Cornhole & Horseshoes
4	5	6	7	8
11 Walking Group 1 Advisory Meeting 1 Learn About Woodstock Town Hall Rejuvenation Project	10:30 am Strengthen & Stretch Zoom Class 12:45 VINS Canopy Walk 1 Mahjong 2 Scotts Bluff National Monument Program 3 Bone Builders in tent	9 West Lebanon Shopping 9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent 1 Bessy's Story	10:30 am Strengthen & Stretch Zoom 3 Bone Builders in tent 1:30 Art with Finnie	Oktoberfest 10 am BINGO 1 Mahjong 1 Cornhole & Horseshoes
11	12	13	14	15
CLOSED Columbus Day	9 Reflexology 10:30 am Strengthen & Stretch Zoom Class 1 Caregiver Support in tent 1 Community Cookbooks Program 1 Mahjong 2 Return to Hearst Castle 3 Bone Builders in tent	9:30 Fall Prevention Tai Chi in tent 10 VeggieVanGo 10:30 Sun 73 Forms in tent 12:15 HOOD Meet-up 1 Bazaar Craft Workshop	9-2:30 Foot Clinic 10:30 am Strengthen & Stretch Zoom 2-3:30 Medicare Classes 3 Bone Builders in tent	10 am BINGO 12 What, Where, Why Fiber Program 1 Mahjong 1 Cornhole & Horseshoes
18	19	20	21	22
8:30 Newsletter Folding 11 Walking Group	9-2 Flu Clinic 9:30 Commodities 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 1 Understanding Alzheimer's & Dementia 2 Jimmy Carter Presidential Library Program 4-6 How to Hire a Caregiver & Resource 3 Bone Builders in tent	8 Board Retreat 9 West Lebanon Shopping 9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent 1 Understanding Alzheimer's 2 Honky Tonk Angel	10:30 am Strengthen & Stretch Zoom 3 Bone Builders in tent	10 am BINGO 1 Mahjong 1 Cornhole & Horseshoes
25	26	27	28	29
11 Walking Group	9 Reflexology 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 2 National Mall & Memorial Parks Program 3 Bone Builders in tent	9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent 10:30 Annual Meeting 1 Bazaar Craft Workshop 1 Effective Communication Strategies	Birthday Day 10:30 am Strengthen & Stretch Zoom 3 Bone Builders in tent	10 am BINGO 1 Mahjong 1 Cornhole & Horseshoes