



PROGRAM CALENDAR - OCTOBER 2022

| Mon | Tue | Wed | Thu | Fri |
|--|--|--|---|---|
| 3 | 4 | 5 | 6 | 7 |
| 10 BINGO 11 Walking Group 1 Advisory Meeting 1-3 Writer's Workshop | 9-2 Reflexology 11 Norway Virtual Live Tour 1 Mahjong 2 SLN: Civil War Era Couples 3 Bone Builders | 9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga 1:30 Art with Finnie | 10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 12:30 Tech Support 1 Author Talk 3 Bone Builders | 9 Breakfast Day 10 BINGO 10-12 CCC Office Hours 1 Mahjong No lunch served |
| 10 | 11 | 12 | 13 | 14 |
| CLOSED For Indigenous Peoples' Day | 9-2 Drive Thru Flu Clinic 10:30-2 Reflexology 12 Caregiver Support Group 1 Mahjong 2 SLN: Celebrate Eleanor's Birthday (ahome) 3 Bone Builders | 9:30 Intro to Tai Chi 10 Veggie VanGo 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 12 Chat with the Chief 1 Gentle Yoga 1 Bazaar Workshop | 10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 1:15 Wagon Ride at Billings Farm 3 Bone Builders | Oktoberfest 10 BINGO 10-12 CCC Office Hours 1 Mahjong |
| 17 | 18 | 19 | 20 | 21 |
| 8:30 Newsletter Folding 10 BINGO 11 Walking Group 1-3 Writer's Workshop | 9:30 Commodities 1 Mahjong 2 SLN: Frederick Douglass 3 Bone Builders | 9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga 1 Bazaar Workshop 2 Nonsense at Grange Theater | 1:1 Medicare Assistance by appt 9-2:30 Foot Clinic 10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 12:30 Tech Support 3 Bone Builders | 10 BINGO 10-12 CCC Office 1 Mahjong |
| 24 | 25 | 26 | 27 | 28 |
| 10 BINGO 11 Walking Group 1-3 Writer's Workshop | 9-2 Reflexology 1 Mahjong 2 SLN: The Tabors 3 Bone Builders | 9:30 Intro to Tai Chi 10:30 Annual Meeting 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga 1 Bazaar Workshop | Birthday Day 9 Virtual Legal Aid 10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 1-3 Falls Prevention & Balance Screenings 3 Bone Builders | 10 BINGO 10-12 CCC Office 1 Mahjong |
| 31 | | | | |
| 10 BINGO 11 Walking Group | 1 Mahjong 3 Bone Builders | | RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS | |