

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	2 10am-Eye Glass Adjustments 11am-Hillary from O'Neill upcoming Quarter Auction 11:45am-Lunch(\$4) 1pm-Cards/Games <small>Simchat Torah</small>	3 10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 2pm-Book Club 5:30pm-Low Impact Aerobics	4 10am-BP Screening 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5)	5 9:30am-Bible Discussion Group 11am-Journaling 1pm-Movie "Bridge of Spies"	6
	7 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 1pm-Alz Support Group 5:30pm-Low Impact Aerobics <small>Columbus Day (US) Thanksgiving Day (Canada)</small>	8 11am-Club Meeting 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Craft 6pm-Nickel Bingo	9 10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 5:30pm-Low Impact Aerobics	10 10am-BP/BS Screening 11am-Benefits of Walking Program 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	11 9:30am-Bible Discussion Group 11:00am- Cooking Club 1:00pm- Movie	12 13
14	15 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	16 10am-BP Screening 11am-Birthday Party 11:45am-Lunch(\$4) 1pm-Cards/Games	17 10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 2pm-Book Club 5:30pm-Low Impact Aerobics	18 9:30am-Flu Shot Clinic 11am-What are Carbohydrates? 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo	19 9:30am-Bible Discussion Group 11am-Journaling 1:30pm- "Heart to Heart Music concert"	20
21	22 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	23 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games	24 10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 5:30pm-Low Impact Aerobics	25 10am-Elbin Hearing 11am-Talk of the Town with Mayor Mike Lorentz 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	26 9:30am-Bible Discussion Group 11am-Cooking Club with Cedar Grove 1pm-Movie"Love's Enduring Promise" 3pm-Paint Party- RSVP	27 Drug Take Back 10am-2pm
28	29 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	30 11am-Halloween Party/Monster Mash 11:45am-Lunch(\$4) 1pm-Cards/Games	31 10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 5:30pm-Low Impact Aerobics <small>Halloween</small>	 <b>October 2018</b> <b>Belpre Senior Center</b>		