

OCTOBER 2022

~~SENIOR CENTER ACTIVITIES~~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 Arthritis Ex. 10:00 Card Making 11:00 Beginning Sheepshead 12:00 Table Game Day	4 10:00 Karaoke 11:00 Chair Yoga 12:00 Wii Bowling 12:00 Christmas Quilt 12:30 Mexican Train Dominoes	5 9:00 Wendy Fitness 9:00 Senior Law 10:00 Arthritis Ex. 11:00 Blood Pressure 12:00 Sheepshead 12:00 Stained Glass 12:30 Knit & Crochet 2:00 Chess Club 9:00 Wendy Fitness	6 10:30 Zoom Chair Yoga 10:00 Stepping On 10:30 Spanish Class 12:00 Wii Bowling 1:00 Qi Gong 1:00 Recycling Sis	7 9:30 Coffee w/ Shannon & Sharon 10:00 Arthritis Ex. 12:00 Sheepshead 12:00 Wool Rugs
10 10:00 Arthritis Ex. 10:00 Card Making 11:00 Beginning Sheepshead 12:00 Table Game Day 2:00 Line Dancing	11 10:00 Karaoke 11:00 Chair Yoga 12:00 Wii Bowling 12:30 Mexican Train Dominoes 12:30 Movie with Mary	12 10:00 Celebration of Chuck and Ray 10:30 Ask Andy? 11:00 Blood Pressure 12:00 Sheepshead 12:00 Stained Glass 12:30 Knit & Crochet 12:30 Beat the Blues 2:00 Chess Club	13 10:00 Stepping On 10:30 Zoom Chair Yoga 10:30 Spanish Class 12:00 Wii Bowling 12:30 Memory Screening 1:00 Qi Gong	14 10:00 Arthritis Ex. 12:00 Sheepshead 12:00 Wool Rugs 1:00 BINGO
17 10:00 Arthritis Ex. 10:00 Card Making 11:00 Beginning Sheepshead 12:00 Table Game Day 2:00 Line Dancing	18 10:00 Karaoke 11:00 Chair Yoga 12:00 Wii Bowling 12:00 Yarn Pumpkins 12:30 Mexican Train Dominoes	19 9:00 Wendy Fitness 9:00 Sr Breakfast-IHOP 10:00 Arthritis Ex. 12:00 Sheepshead 12:00 Beg. Stained Glass 12:30 Knit & Crochet 2:00 Chess Club	20 10:30 Zoom Chair Yoga 10:30 Spanish Class 12:00 Wii Bowling 1:00 Qi Gong 1:00 AARP Smart Driver	21 10:00 Arthritis Ex. 12:00 Sheepshead 12:00 Wool Rugs
24 10:00 Arthritis Ex. 10:00 Card Making 11:00 Beginning Sheepshead 12:00 Table Game Day 2:00 Line Dancing	25 10:00 Karaoke 11:00 Chair Yoga 12:00 Wii Bowling 12:00 Holiday Pillowcases 12:30 Mexican Train Dominoes 12:30 Movie with Mary	26 9:30 Flu Clinic 10:00 Arthritis Ex. 12:00 Sheepshead 12:00 Stained Glass 12:30 Knit & Crochet 12:30 Beat the Blues 2:00 Chess Club 3:00 Nutrition Presentation	27 10:30 Zoom Chair Yoga 10:30 Spanish Class 10:30 HEAR Wisconsin 12:00 Wii Bowling 1:00 Qi Gong	28 10:00 Arthritis Ex. 12:00 Sheepshead 1:00 BINGO
31 10:00 Arthritis Ex. 10:00 Card Making 11:00 Beginning Sheepshead 12:00 Table Game Day 1:00 Halloween Party 2:00 Line Dancing			DAILY ACTIVITIES: 9—4:30 Billiards Computer Drive thru Lunch Fitness Room Lobby Fun Puzzles	