

# October

MON

TUE

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FRI

2

8:30 Commity on Aging Meeting  
9:00 Fitness Fun  
11:30 Lunch  
12:00 Footcare  
1:00 Movie: Annie Hall

3

8:30 Footcare  
9:15 Simply Seniors  
9:30 Mahjong  
10:30 Arthritis Exercise  
11:30 Lunch  
1:00 BINGO  
1:00 Dominoes  
1:00 Let's Get Moving

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8:30 Footcare Appts  
9:00 Yoga  
9:15 Bowling at the Hook  
10:00 Card Creators  
11:30 Lunch  
1:30 Cribbage  
2:00 Qigong

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8:30 ADRC Benefit Specialist  
9:00 Cardio Drumming  
9:15 Simply Seniors  
11:30 Lunch  
1:00 Sheepshead

6

8:30 Quilting  
9:00 BINGO Brunch  
11:30 Lunch

9

9:00 Fitness Fun  
11:30 Lunch  
12:00 Footcare Appts  
1:00 Movie: Pleasantville

10

8:30 Footcare  
9:15 Simply Seniors  
9:30 Mahjong  
10:30 Arthritis Exercise  
10:30 Blood Pressure Screening  
11:30 Lunch  
1:00 BINGO  
1:00 Dominoes  
1:00 Let's Get Moving

11

8:30 Footcare Appts  
9:00 Senior Yoga  
9:15 Bowling at the Hook  
10:00 Card Creators  
11:30 Lunch  
1:30 Cribbage  
2:00 NO QIGONG TODAY

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9:00 Cardio Drumming  
9:15 Simply Seniors  
11:30 Lunch  
1:00 Sheepshead

12:00- Friends of the TRSC Board Meeting

13

8:30 Quilting  
9:00 BINGO Brunch  
11:30 Lunch

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9:00 Fitness Fun  
11:30 Lunch  
12:00 Footcare Appts  
1:00 Movie: Tombstone

17

8:30 Footcare  
9:15 Simply Seniors  
9:30 Mahjong  
10:30 Arthritis Exercise  
11:30 Lunch  
1:00 BINGO  
1:00 Dominoes  
1:00 Let's Get Moving

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8:30 Footcare Appts  
9:00 Senior Yoga  
9:15 Bowling at the Hook  
10:00 Card Creators  
11:30 Lunch  
1:30 Cribbage  
2:00 Qigong

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Health & Information Fair

NO REGULAR ACTIVITIES

11:30 Congregate Lunch

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8:30 Quilting  
9:00 BINGO Brunch  
11:30 Lunch

Creation Station reservation deadline

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9:00 Fitness Fun  
11:30 Lunch  
12:00 Footcare Appts  
1:00 Movie: Beetlejuice

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8:30 Footcare  
9:15 Simply Seniors  
9:30 Mahjong  
10:30 Arthritis Exercise  
11:30 Lunch  
1:00 BINGO  
1:00 Dominoes  
1:00 Let's Get Moving

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8:30 Footcare Appts  
9:00 Senior Yoga  
9:15 Bowling at the Hook  
10:00 Card Creators  
11:30 Lunch  
1:30 Cribbage  
2:00 Qigong

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9:00 Cardio Drumming  
9:15 Simply Seniors  
11:30 Lunch  
1:00 Sheepshead

Red Hatitude meeting  
12-3pm-  
Birthday lunch  
& Party!

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8:30 Quilting  
9:00 BINGO Brunch  
11:30 Lunch

Creation Station pick up

30

9:00 Fitness Fun  
11:30 Lunch  
12:00 Footcare Appts  
1:00 Movie: Hocus Pocus

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8:30 Footcare  
9:15 Simply Seniors  
9:30 Mahjong  
10:30 Arthritis Exercise  
11:30 Lunch  
1:00 BINGO  
1:00 Dominoes  
1:00 Let's Get Moving



## Special Dates

October 2nd- Committee on Aging meeting at 8:30 am

October 3rd- Basic budgeting and dealing with financial Strain at 3 pm

October 5th- Coalition on aging legal seminar @ 9am- 3PM

October 19th- Health & Info Fair 8-12 pm

October 26th- October Birthdays party- COSTUMES ENCOURAGED

Call 920-793-5596 to sign up for classes and activities today!