

















11:30am lunch service, with the exception of BINGO days, where lunch will be served at 11:15am. You must pre-register for lunch.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| <p>2</p> <p>9AM RUMMIKUB 9:30AM PENNY POKER 9:45AM HEALTHY STEPS EXERCISE 10:30-NOON INT. BRIDGE LESSONS 10:45AM LINE DANCING NOON MUSIC WITH AMY NOON - 2:30PM BRIDGE 12:15PM MUSICAL QIGONG 1:00PM MAH JONGG 5:15PM STRETCH, WEIGHTS, & WALK</p> | <p>3</p> <p>9AM RUMMIKUB / PUZZLES 9 AM HIKING 11AM WEIGHT TRAINING 12:30PM SECOND WINDS BAND PRACTICE 1PM CANASTA</p>  | <p>4</p> <p>9AM RUMMIKUB PUZZLES 10AM LINE DANCING LESSONS 10:45AM LINE DANCING 12:15PM BELL CHOIR PRACTICE</p>  <p>5-7 PM TAI CHI (Must pre-register)</p> | <p>5</p> <p>9AM GROCERY SHOPPING 9AM RUMMIKUB PUZZLES 10:30 BEGINNER BRIDGE LESSONS 11AM WEIGHT TRAINING NOON - 2:30PM BRIDGE 12:30-3:30PM ARTIST OPEN STUDIO 5:15PM STRETCH, WEIGHTS, & WALK</p> | <p>6</p> <p>9AM RUMMIKUB 9:45AM HEALTHLY STEPS EXERCISE 10AM OPEN CRAFTS 10:45AM LINE DANCING 12:15PM 50/50 DRAWING 1PM HAND AND FOOT CANASTA SAT, Oct. 7, 9-11 AM TAI CHI (Must pre-register)</p>  |
| <p>9</p> <p>COST SAVINGS DAY</p> <p>9:00 Poker 10:30-NOON INT. BRIDGE LESSONS 10:45AM LINE DANCING NOON - 2:30PM BRIDGE 1:00PM MAH JONGG 5:15PM STRETCH, WEIGHTS, & WALK</p> | <p>10</p> <p>GOURMET EATS & SHOPPING TRIP ENJOY LUNCH AT THE PENN COLLEGE CULINARY SCHOOL "LEJUNNE," THEN SHOP AT UNKLE JOES WOOD SHED - \$30!</p> <p>9AM RUMMIKUB PUZZLES 9 AM HIKING 11AM WEIGHT TRAINING 1PM CANASTA</p>  | <p>11</p> <p>9AM RUMMIKUB PUZZLES 10AM LINE DANCING LESSONS 10:45AM LINE DANCING 12:15PM ARISTACARE AT THE HEARTHSIDE EXERCISE 5-7 PM TAI CHI (Must pre-register)</p> | <p>12</p> <p>9AM GROCERY SHOPPING 9AM RUMMIKUB 10AM TRIAD MEETING 10:30 BEGINNER BRIDGE LESSONS 11AM WEIGHT TRAINING NOON - 2:30PM BRIDGE 12:30-3:30PM ARTIST OPEN STUDIO 5:15PM STRETCH, WEIGHTS, & WALK</p> | <p>13</p> <p>"FRIDAY THE 13TH"</p> <p>9AM PUZZLING PICTURE RUMMIKUB 9:45AM HEALTHLY STEPS EXERCISE 10AM OPEN CRAFTS 10:45AM LINE DANCING 12:15PM 50/50 DRAWING 12:15PM BELL CHOIR PRACTICE 1PM HAND AND FOOT CANASTA SAT, Oct 14, 9-11 AM TAI CHI (Must pre-register)</p> |

| | | | | |
|---|--|---|---|--|
| <p>16</p> <p>9AM RUMMIKUB 9:30AM PENNY POKER 9:45AM HEALTHY STEPS EXERCISE 10:30-NOON INT. BRIDGE LESSONS 10:45AM LINE DANCING NOON - 2:30PM BRIDGE 12:15PM MUSICAL QIGONG 1:00PM MAH JONGG</p>  <p><i>5:15PM STRETCH, WEIGHTS, & WALK</i></p> | <p>17</p> <p>9AM RUMMIKUB PUZZLES 10AM HIKING 11AM WEIGHT TRAINING NOON NICKEL BINGO 1PM CANASTA</p>  | <p>18</p> <p>9AM RUMMIKUB / PUZZLES 10AM LINE DANCING LESSONS 10:30AM OMNI BLOOD PRESSURE 10:30 WAYS FRUIT FARM OUTING 10:45AM LINE DANCING 12:15PM BOOK DISCUSSION GROUP</p>  <p>5-7 PM TAI CHI (Must pre-register)</p> | <p>19</p> <p>9AM GROCERY SHOPPING 9AM RUMMIKUB 10:30 BEGINNER BRIDGE LESSONS 11AM WEIGHT TRAINING NOON - 2:30PM BRIDGE 12:30-3:30PM ARTIST OPEN STUDIO 12:30 GENEALOGY CLUB</p>  <p><i>5:15PM STRETCH, WEIGHTS, & WALK</i></p> | <p>20</p> <p>9AM PUZZLING PICTURE RUMMIKUB 9:45AM HEALTHY STEPS EXERCISE 10AM OPEN CRAFTS 10:45AM LINE DANCING 12:15PM 50/50 DRAWING 12:15PM ICE CREAM SOCIAL 1PM HAND AND FOOT CANASTA</p> <p>SAT, Oct. 21, 9-11 AM TAI CHI (Must pre-register)</p> |
| <p>23</p> <p>9AM RUMMIKUB 9:30AM PENNY POKER 9:45AM HEALTHY STEPS EXERCISE 10:30-NOON INT. BRIDGE LESSONS 10:45AM LINE DANCING NOON - 2:30PM BRIDGE 12:15PM MUSICAL QIGONG 1:00PM MAH JONGG</p>  <p><i>5:15PM STRETCH, WEIGHTS, & WALK</i></p> | <p>24</p> <p>9AM RUMMIKUB PUZZLES 9AM HIKING 11 AM WEIGHT TRAINING 12:30PM SECOND WINDS BAND PRACTICE 1:00 CANASTA</p>  | <p>25</p> <p>9AM RUMMIKUB PUZZLES 10AM LINE DANCING LESSONS 10AM MEDICARE PRESENTATION 10:45AM LINE DANCING 12:15PM ARISTACARE AT THE HEARTHSIDE EXERCISE</p> <p>5-7 PM TAI CHI (Must pre-register)</p> | <p>26</p> <p>9AM GROCERY SHOPPING 9AM RUMMIKUB 10:30 BEGINNER BRIDGE LESSONS 11AM WEIGHT TRAINING NOON - 2:30PM BRIDGE 12:30-3:30PM ARTIST OPEN STUDIO</p> <p><i>5:15PM STRETCH, WEIGHTS, & WALK</i></p> | <p>27</p> <p>9AM PUZZLING PICTURE RUMMIKUB 9:45AM HEALTHY STEPS EXERCISE 10AM OPEN CRAFTS 10:45AM LINE DANCING 1PM HAND AND FOOT CANASTA</p>  <p>SAT, Oct. 28, 9-11 AM TAI CHI (Must pre-register)</p> |
| <p>30</p> <p>9AM RUMMIKUB 9:30AM PENNY POKER 9:45AM HEALTHY STEPS EXERCISE 10:30-NOON INT. BRIDGE LESSONS 10:45AM LINE DANCING NOON - 2:30PM BRIDGE 12:15PM MUSICAL QIGONG 12:15PM PROGRAM PLANNING 1:00PM MAH JONGG</p> <p><i>5:15PM STRETCH, WEIGHTS, & WALK</i></p> | <p>31</p> <p>9AM RUMMIKUB 9AM HIKING 11AM WEIGHT TRAINING</p>  <p>NOON HALLOWEEN COSTUME, COVERED- DISH AND GAMES WITH GOULISH PRIZES</p> | <p>1</p> <p>NOVEMBER</p>  <p>9AM RUMMIKUB / PUZZLES 9AM-11 FLU SHOTS (Must pre-register) 10-10:30 LINE DANCING LESSONS 10:45 AM LINE DANCING</p> <p>5-7 PM TAI CHI</p> | <p>2</p> <p>9AM GROCERY SHOPPING 9AM RUMMIKUB 10:30 BEGINNER BRIDGE LESSONS 11AM WEIGHT TRAINING NOON - 2:30PM BRIDGE 12:30-3:30PM ARTIST OPEN STUDIO</p> <p><i>5:15PM STRETCH, WEIGHTS, & WALK</i></p> |  <p>JOIN US FOR OUR 2ND ANNUAL "OLD BAG AUCTION" NOVEMBER 3, 10 AM-1 PM</p> <p>NEW AND SLIGHTLY USED PURSES, TOTES, BACK-PACKS & MORE WILL BE AUCTIONED OFF TO THE HIGHEST BIDDER! ENJOY REFRESHMENTS & ACTIVITIES AS THE BIDDING BEGINS.</p> <p>DONATIONS OF NEW AND SLIGHTLY USED ITEMS CAN BE DROPPED OFF AT THE ACTIVE ADULT CENTER.</p> |