












October 2023 Calendar

<p>1. Sun</p>	<p>2. Monday</p> <p>9-5: Open Gym 9-1:45: Fitness Rm 10-11: Bible study 11-12: Computer Education</p>  <p>2-3: Silver Sneakers (F) 3-5:30: Fitness Rm 5:30-6:30: Zumba</p>	<p>3. Tuesday</p> <p>9-1:45: Open Gym 9-5:30: Fitness Rm 2-3: Silver Sneakers (G) 3-5:15: Gym 4:30-5:30: Music Lessons (Piano) 5:30-6:15- Body Toners</p>	<p>4. Wednesday</p> <p>9-5: Open Gym 9-1:45: Fitness Rm 11-12: Computer Education</p>  <p>1-3: Legal Clinic 2-3: Silver Sneakers(F) 3-5:30: Fitness Rm 5:30-6:15: Body Toners</p>	<p>5. Thursday</p> <p>9-1:45- Open Gym 9-5:30 Fitness 11-12: Computer Education</p>  <p>2-3: Silver Sneakers(G) 3-5:15-Gym 5:30-6:30 Zumba</p>	<p>6. Friday</p> <p>9 – 5:30: Gym 9 – 5:30: Fitness Rm. 1-3: Spades and Domino's</p>	<p>7. Saturday</p> <p>9-1: Gym 9-1: Fitness Rm</p>
<p>8. Sun</p>	<p>9. Mon</p> <p>9-5: Open Gym 9-1:45: Fitness Rm 10-11: Bible study 11-12: Computer Education</p>  <p>2-3: Silver Sneakers (F) 3-5:30: Fitness Rm 5:30-6:30: Zumba</p>	<p>10. Tue</p> <p>9-1:45: Open Gym 9-5:30: Fitness Rm 2-3: Silver Sneakers (G) 3-5:00: Gym 4:30-5:30: Music Lessons (Piano) 5:30-6:15- Body Toners</p>	<p>11. Wed</p> <p>9-5: Open Gym 9-1:45: Fitness Rm 11-12: Computer Education</p>  <p>2-3: Silver Sneakers(F) 5:30-6:15: Body Toners</p>	<p>12. Thu</p> <p>9-1:45- Open Gym 9-5:30: Fitness Rm 11-12: Computer Education</p>  <p>2-3: Silver Sneakers(G) 3-5: Karaoke</p>  <p>3-5:15-Gym 5:30-6:30 Zumba</p>	<p>13. Fri</p> <p>9 – 5:30: Gym 9 – 5:30: Fitness Rm. 1-3: Spades and Domino's</p>	<p>14. Sat</p> <p>9 – 1:00: Gym 9 -1:00: Fitness Rm</p>
<p>15. Sun</p>	<p>16. Mon</p> <p>9-3:30: Gym 10-11: Bible study 9-1:45: Fitness Rm 11-12: Computer Education</p>  <p>2-3:00: Silver Sneakers(F) 4-5:30: Dance 5:30-6:30: Zumba</p>	<p>17. Tue</p> <p>9-1:45: Open Gym 9-5:30: Fitness Rm 2-3: Silver Sneakers (G) 3-5:15: Gym 4:30-5:30: Music Lessons (Piano) 5:30-6:15- Body Toners</p>	<p>18. Wed</p> <p>9-5: Open Gym 9-1:45: Fitness Rm 11-12: Computer Education</p>  <p>2-3: Silver Sneakers(F) 5:30-6:15: Body Toners</p>	<p>19. Thu</p> <p>9-1:45- Open Gym 9-5:30 Fitness Rm 12-1: Computer Education</p>  <p>1-2: Cooking Demo 2-3: Silver Sneakers(G) 3-5:15-Gym 5:30-6:30 Zumba</p>	<p>20. Fri</p> <p>12– 5:30: Gym 9 – 5:30: Fitness Rm 10:30-11:30: Bingo</p>  <p>1-3: Spades and Domino's</p>	<p>21. Sat.</p> <p>9 – 1:00 Gym 9 – 1:00 Fitness Rm</p>
<p>22. Sun</p>	<p>23. Mon</p> <p>9-3:30: Gym 9-1:45: Fitness Rm 10-11: Bible study 11-12: Computer Education</p> 	<p>24. Tue</p> <p>9-1:45: Open Gym 9-5:30: Fitness 2-3: Silver Sneakers(G) 3-5:15: Gym 4:30-5:30: Music Lessons (Piano)</p>	<p>25. Wed</p> <p>9-5: Open Gym 9-1:45: Fitness 11-12: Computer Education</p> 	<p>26. Thu</p> <p>9-1:45- Open Gym 9-5:30 Fitness 11-12: Computer Education</p> 	<p>27. Fri</p> <p>9 – 5:30: Gym 9 – 5:30: Fitness Rm. 1-3: Spades and Domino's</p>	<p>28. Sat</p> <p>9-1:00: Gym 9-1:00: Fitness</p>

October 2023 Calendar

	<p>2-3:00: Silver Sneakers(F) 4-5:30: Dance 5:30-6:30: Zumba</p>	<p>5:30-6:15- Body Toners</p>	<p>2-3: Silver Sneakers(F) 5:30-6:15: Body Toners</p>	<p>2-3: Silver Sneakers(G) 3-5: Karaoke  3-5:15-Gym 5:30-6:30 Zumba</p>		
<p>29. Sun</p>	<p>30. Mon 9-3:30: Open Gym 9-1:45: Fitness Rm 10-11: Bible study 11-12: Computer Education  2-3:00: Silver Sneakers(F) 4-5:30: Dance 5:30-6:30: Zumba</p>	<p>31. Tue 9-1:45: Open Gym 9-5:30: Fitness Rm 2-3: Silver Sneakers (G) 3-5:15: Gym 4:30-5:30: Music Lessons (Piano) 5:30-6:15- Body Toners</p>				