

OCTOBER 2024 ACTIVITIES

MON	TUE	WED	THU	FRI
Lunch announcements will begin at 11:50am so we can start serving by noon. Cleanup at 12:30, Program at 12:45pm				
<p>(OS) = Off-Site via Zoom</p> <p>ABC = Always Best Care</p> <p>Medicare Open Enrollment October 15 - December 5, 2024. Call Sally for appointment</p>	<p>1. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games NO Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Cards/Games NO Q&A/Tech Help 4:30 Zumba</p>	<p>2. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help <u>11:45 Lunch</u> 12:45 Bingo with Matt 2-3 Q&A/Tech Help</p>	<p>3. 7:45am-5 pm Gettysburg Trip 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>4. 8:30 Gentle Stretching & 9:30-11:30 Cards/Games Weight Lifting (OS) <u>11:50 Lunch</u> 12:45 Cards/Games</p>
<p>7. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Cards/Games 2-3 Q&A/Tech Help</p>	<p>8. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 ABC Bingo 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>9. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help <u>11:45 Lunch</u> 12:45 Bingo 2-3 Q&A/Tech Help</p>	<p>10. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>11. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Cards/Games</p>
<p>14. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games NO Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Medicare Update NO Q&A/Tech Help</p>	<p>15. Medicare Open Enrollment Begins (call for appointment) 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games NO Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Sneaky Sodium NO Q&A/Tech Help 3PM Board Meeting 4:30 Zumba</p>	<p>16. Birthday Party 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 NO Blood Pressure NO Q&A/Tech Help 10-12 Constituent Outreach 10-12 Edward Jones Outreach <u>11:45 Lunch</u> 12:45 Entertainment: Dave Miceli NO Q&A/Tech Help</p>	<p>17. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games NO Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Petals Please NO Q&A/Tech Help 4:30 Zumba</p>	<p>18. WEAR PINK TODAY 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Breast Cancer Awareness Day Talk WEAR PINK!</p>
<p>21. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games NO Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Cards/Games NO Q&A/Tech Help</p>	<p>22. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Fall Craft 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>23. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help <u>11:45 Lunch</u> 12:45 Bingo 2-3 Q&A/Tech Help</p>	<p>24. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Cupcake Decorating 2-3 Q&A/Tech Help 4:30 Zumba 6:30 Halloween Parade in Oxford</p>	<p>25. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Cards/Games Rain date for Halloween Parade</p>
<p>28. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Cards/Games 2-3 Q&A/Tech Help</p>	<p>29. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>30. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help <u>11:45 Lunch</u> 12:45 Bingo 2-3 Q&A/Tech Help</p>	<p>31. Halloween Fun & Games All Day 8:30 SilverSneakers (OS) NO Q&A/Tech Help <u>11:50 Lunch</u> PLEASE COME IN COSTUME!</p>	<p>October is Breast Cancer Awareness Month</p> 