




Silver Sneakers is every Mon. and Wed. 10:15-11

# OCTOBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
30	31 Costume Contest! 10-1 (winner announced at noon) 					1
2	3 Euchre in the Library 12-2	4 Medicare 101 with <b>John LaMotte</b> 10:30	5 Bead Crafts and Jewelry Making 12-1	6	7 Bingo! 10:15-11:15 Free blood pressure screening! 10-1	8
9	10 Euchre in the Library 12-2	11 Free Fall <b>Craft</b> 10:15-11:15	12 <b>Chair Volleyball Practice Game</b> 12-1	13	14 Bingo! 10:15-11:15	15
16	17 Euchre in the Library 12-2	18 Horse Race Game 10:15-11:15	19 Bead Crafts and Jewelry Making 12-1  Self-Defense with Dep. Hedrick 1 PM	20	21 Bingo! 10:15-11:15 Free blood pressure screening! 10-1	22
23	24 Euchre in the Library 12-2	25 Flyswatter <b>Badminton</b> 10:15-11:15	26 <b>Chair Volleyball Practice Game</b> 12-1	27	28 Bingo! 10:15-11:15	29