

CALENDAR of EVENTS for OCTOBER 2015
Ongoing Programs and Special Events

Monday

8:30-5 Fitness Ctr.
8:30-5 Play Pool, Ping-Pong
8:30-5 Tech Lab Open
9:00 Café/ Breakfast
9:30 Stretch/Strength
10:30 Enhance Fitness
at Pensdale
10:45 Meditation
11:00 Music Lessons
11:30 Yoga
12:00 Lunch
1:00 Classic Tones

Tuesday

8:30-5 Fitness Ctr.
8:30-5 Play Pool, Ping Pong
8:30-5 Open Tech Lab
9 :00 Café/Breakfast
9 :00 Walking Group
10:00 Beading
11:00 Sent. Chorus (1st Tues.)
12:00 Lunch
1:00 Tai Chi
1:00 Next Chapter
1-2:30 Computer Lab


Wednesday

8:30-5 Fitness Ctr.
8:30-5 Pool, Ping Pong
9 :00 Café/Breakfast
9 :00 Knit & Crochet
9:15 Silver Sneakers
Classic
10:00 Line Dancing
10:30 Men's Group
12:00 Lunch
12:45 Bingo

THURSDAY FRIDAY

8:30-5 Fitness Ctr.
8:30-5 Pool, Ping Pong
8:30-5 Tech Lab Open
9 :00 Café/Breakfast
9 :00 Walking Group
10:00 Weaving
10:00 Yoga Rhythmic
12:00 Lunch
12:45 Bingo
1:00 Tai Chi
1-2:30 Computer Lab
or Tutoring - By appt.

8:30-5 Fitness Ctr.
8:30-5 Open Tech Lab
8:30-5 Pool, Ping Pong
9 :00 Café/Breakfast
9:30 S-Sneakers Classic
10:45 News & Views
11:00 Enhance Fitness
12:00 Lunch
12:30 Painting & More
1:00 Pinochle / Bridge
1:00 Movie (2nd & 4th of
the month)

 <p>GOOD NEIGHBOR DAY 2015 HEALTH FAIR THURSDAY, OCTOBER 1, 2015 Wolcott Auditorium • 8am - 12pm</p> <p>Offering: Blood Pressure Screening, Glucose Screenings, Diabetic Foot Screening, Stoke Screenings, Flu Immunizations (Oct 1-2), Red Cross Blood Drive (8am—6pm)</p>		<p>1 9:30 "Ask The Nurse" 10:30 GreensGrow 11:15 Best Day of My Life So Far....Story Telling Workshop</p>	<p>2 9:30 - 12 noon 13 Annual Senior Expo Series - Sponsored by Councilwoman Blondell Reynolds Brown Office</p>	
<p>5 - 12:30 Reading Buddies Orientation 6:00 ZUMBA Gold (All Ages)</p>	<p>6</p>	<p>7 6:00 Reverse Mortgages "Financially Fit For 55+"</p>	<p>8 9:30 CarFit Event (by appointment) 10:30 GreensGrow 11:15 Best Day of My Life So Far....Story Telling</p>	<p>9 9:30 Senior Strut PCA Sponsored Event 1:00 Movie</p>
<p>12 6:00 ZUMBA Gold (All Ages)</p>	<p>13 9:30 Advisory Council 1:00 Financial Committee Meeting 6:00 Gateway HELPS "Take Charge of Your Health"</p>	<p>14 10:30 -APPRISE Presentation & Counseling (appointments only) 6:00 Start Small Think Big "Financially Fit For 55+"</p>	<p>15 9:30 "Ask The Nurse" 10:30 GreensGrow 11:15 Best Day of My Life So Far....Story Telling</p>	<p>16</p>
<p>19 10:30 Reading Buddies 11:15 Nutrition for Life Topic: Stretch Food Dollars/ Reading Labels 6:00 ZUMBA Gold (All Ages)</p>	<p>20 <u>Chef's Special</u> - GYRO (Lamb & Beef) 6:00 Gateway HELPS "Getting The Care You Need" TRIPS: BOSCOVS (Shopping Passes can be used Today Only)</p>	<p>21 PCA Prime Time Health Program 10:30 Understanding and Coping w/ Hearing Loss 6:00 Investigate Investing "Financially Fit For 55+"</p>	<p>22 10:30 GreensGrow 11:15 Best Day of My Life So Far....Story Telling 1:00 BOOK CLUB</p>	<p>23 1:00 Movie 6:00 ART RECEPTION (Doors Open @ 5:30)</p>
<p>26 10:30 Reading Buddies 6:00 ZUMBA Gold (All Ages)</p>	<p>27 TRIP - Lunch Club "Uncle Julio's Fine Mexican Food Restaurant" 6:00 Gateway HELPS - "Going Beyond Medicine: What else</p>	<p>28 2:00 - Mid-day Movie "Harry Potter and the Deadly Hallows: Part" APPRISE (appointments only)</p>	<p>29 11:15 Best Day of My Life So Far....Story TellingSpecial Event "GHOST VERSION"</p>	<p>30 1:30 Costume Party w/ Disc Jockey 6:00 Evening BINGO (Doors Open @ 5:30)</p>