


Calendar of Events

ONGOING EVENTS BELOW



Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Strch/SS \$ 10:30 Meditation D 10:30 EnhanceFitness 11:00 Music Lessons \$ 11:30 All Levels Yoga \$* 12:00 Lunch D 	9:00 Walking Group 10:00 Beading \$ 12:00 Lunch D 1:00 Next Chapter D 1:00 Tai Chi \$ * 2:30 Classical Music Appreciation D	9:00 Knit & Crochet \$ 9:00SilvSnkClssic D/\$ 10:00 EnhanceFitness 11:00 Interactive Cooking w/Ciara 11 Hand Massage Free 12:00 Lunch D 12:45 Bingo \$ 1:00 Men's Group	9:00 Walking Group 9:00 All Levels Yoga \$* 9:00 K&C All Levels \$ 10:30 Meditation Club 10:00 Weaving \$ 12:00 Lunch D 12:45 Bingo \$ 1:00 Sewing Circle D	9:30 SilvSnk Clssic D/\$ 10:00 Recorder \$ 10:30 EnhanceFitness D 10:45 News & Views 11:00 Ukulele \$ 12:00 Lunch D 1:00 Pinochle/Bridge 1:00 Reaching Out Support Group

EVERY DAY 8:30- 4:45 Fitness Center (\$); Cards & Games/Pool; IPADS AVAILABLE!

Key to Symbols: \$ = Cost D = donation appreciated but <i>Optional</i> * = Next month's pymt. due by the 25th	1	2	3	4
	1:00 Next Chapter (starts!) 2:00 Ceramics! "Clay Handbuilding"	9-12 LaSalle Nursing Students		12:45 Movie Matinee <i>Return To Me</i> 1:00 Painting Workshop
7 12:30 AARP Smart DriverTEK Workshop 1:00 Ukulele Learn from scratch! 1:00 Let's Make A Quilt!	8 10:00 Advisory Council Meeting 1:00 Next Chapter 2:00 Ceramics! "Clay Handbuilding"	9 9-12 LaSalle Nursing Students 1:30 FREE Live Concert Jazz for Seniors! Open to our entire community Jazz and a light bite!	10 11:00am to 1:00pm Emotional Wellness Screenings Open to all Walk In's Welcome! 	11 12:45 Movie Matinee JAWS!! 1:00 Painting Workshop
14 1:00 Ukulele Learn from scratch! 1:00 Let's Make A Quilt!	15 1:00 Next Chapter 2:00 Ceramics! "Clay Handbuilding"	16 9-12 LaSalle Nursing Students	17 10:45 Mark Presents	18 12:45 Movie Matinee <i>My Life In Ruins</i> 1:00 Painting Workshop 5:30 Evening BINGO OPEN TO ALL AGES
21 9-12 LaSalle Nursing Students 1:00 Ukulele Learn from scratch! 1:00 Let's Make A Quilt!	22 10:00 APPRISE Medicare Consultations By appointment only 10:45 Lunch Bunch Gallo's Seafood 1:00 Next Chapter 2:00 Ceramics!	23 9-12 LaSalle Nursing Students 	24 8:45 Trip to PENN VET Working Dog Center Deadline to register/pay 10/15	25 12:45 Movie Matinee <i>Addams Family</i> 1:00 Painting Workshop
28 9-12 LaSalle Nursing Students 1:00 Ukulele Learn from scratch! 1:00 Let's Make A Quilt!	29 12:30 Volunteer Luncheon! in the Grand Room (Invitation Only) Tai Chi Johns Studio	30 9-12 LaSalle Nursing Students 10:00 APPRISE Medicare Consultations By appointment only	31 12:30 Halloween Dance & Costume PARTY!! Contests and Prizes 1:00 Book Club <i>Sing, Unburied, Sing</i>	Coming in November 11/8 Special Guest Speaker / Reaching Out 11/15 Blondell Reynolds Brown Resource Fair! Thanksgiving Feast!