

October 2017



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MONDAY
Strength & Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 4:00
LifeStream Lunch 11:30

1
TUESDAY
SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00
LifeStream Lunch 11:30

4
WEDNESDAY
Boot Camp 8:30am
Sarah's Class 10:00
Pickleball/PingPong 9-12
LifeStream Lunch 11:30
Craft Club 1-2
Senior Spin 4:00

5
THURSDAY
SilverSneakers
Classic 10:00
Pickleball 9:00-12:00
Yin Yoga 2-3 PM
Card Club 1:00-3:30
Senior Spin 4:30
LifeStream Lunch 11:30

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FRIDAY
Senior Fit Mix 8:30
Emes class 10
Ping pong 9 -12 pm
Pickleball 9-12 pm

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MONDAY
Strength & Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 4:00
LifeStream Lunch 11:00

10
TUESDAY
SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00
LifeStream Lunch 11:30

11
WEDNESDAY
Boot Camp 8:30am
Sarah's Class 10:00
Ping Pong 9-12 pm
Pickleball 9-12 pm
LifeStream Lunch 11:00
Woodcarving 6:00 pm
Senior Spin 4:00

12
THURSDAY
SilverSneakers
Classic 10:00am
Yin Yoga 2-3 pm
Pickleball 9:00-12:00
Senior Spin 4:30
LifeStream Lunch 11:30

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FRIDAY
Senior Fit Mix 8:30am
Emes Class 10:00am
Ping pong 9 -12 pm
Pickleball 9-12 pm

October 16th-31th

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MONDAY

Strength & Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 4:00

LifeStream Lunch 11:30

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TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00

LifeStream Lunch 11:30

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WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Pickleball/PingPong 9-12
LifeStream Lunch 11:30

Craft Club 1-2

Senior Spin 4:00

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THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9:00-12:00
Yin Yoga 2-3 PM
Card Club 1:00-3:30
Senior Spin 4:30

LifeStream Lunch 11:30

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FRIDAY

Senior Fit Mix 8:30
Eme's class 10
Ping pong 9 -12 pm
Pickleball 9-12 pm

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MONDAY

Strength & Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 4:00

LifeStream Lunch 11:30

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TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00

LifeStream Lunch 11:30

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WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Ping Pong 9-12 pm
Pickleball 9-12 pm
Senior Spin 4:00

LifeStream Lunch 11:00

Woodcarving 6:00 pm

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THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9:00-12:00
LifeStream Lunch 11:30
Yin Yoga 2-3 PM
Board Game Club 1:00
-3:00
Senior Spin 4:30

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FRIDAY

Senior Fit Mix 8:30
Eme's class 10
Ping pong 9 -12 pm
Pickleball 9-12 pm

30

MONDAY

Strength & Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 4:00

LifeStream Lunch 11:30

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TUESDAY

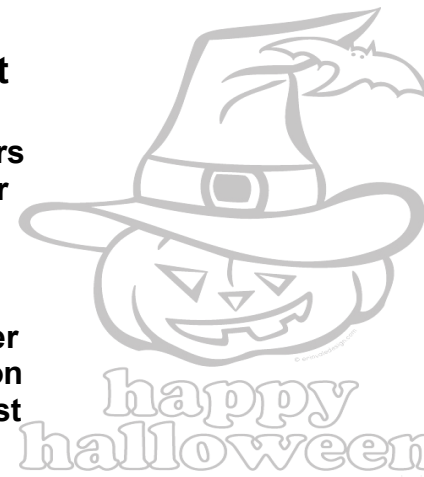
SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00

LifeStream Lunch 11:30

**Halloween
Costume Contest**

During SilverSneakers
on Tuesday October
31st

Open to public 55
years of age and over
great prizes to be won
for winners of contest



**MOVIE NIGHT!
OCTOBER FRIDAY
THE 13TH**

The Young
Frankenstein PG

Water, Coffee, and
Popcorn

Shown in the Senior
Center on the large
screen