

Calendar of Events: October

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 Gentle Chair Yoga 11:00 Line Dancing 12:30 Movies 1:00 Aging Well Group 1:00 UKES Sing-Along 5:45 HAM Radio Group 6:30 Quilters Group	9:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 Get Moving! 10:00 German 12:30 Cribbage 1:30 Chess Club 2:30 Drumming	9:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 Walking Wednesdays 10:00 Balance & Strength 10:00 Party Bridge 11:00 Writing Group 1:00 Mahjong 3:00 Reader's Theatre 6:30 Dance Time with Lauren Petrie	9:00 Healing Touch 10:00 Tai Chi 10:00 Handwork 11:00 Medicare w/Patrice 12:00 Pinochle 12:00 Arts & Crafts Group 1:00 Current Events Group 3:30 – 5:00 Legal Assistance w/John Llewellyn 7:00 Piano Bar Tech Programming by appointment	9:00 Enhance Fitness 9:30 Foot Care Clinic 10:00 Balance & Strength 11:30 Hatha Yoga 12:30 Scrabble Club 1:00 Diabetic Support Tech Programming by appointment
10	11	12	13	14
9:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 Gentle Chair Yoga 11:00 Line Dancing 12:30 Movies 1:00 Aging Well Group 1:00 UKES Sing-Along	9:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 Get Moving! 10:00 German 11:00 Coffee with Vets 12:30 Cribbage 1:00 Low Vision Group 1:30 Chess Club 2:30 Hand Drumming 3:00 Medicare w/Patrice	9:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 Walking Wednesdays 10:00 Balance & Strength 10:00 Party Bridge 11:00 Mindful Journaling 1:00 SPD Workshop 1:00 Mahjong 3:00 Reader's Theatre	9:00 Healing Touch 10:00 Tai Chi 10:00 Handwork 11:00 History Hour w/BJ Cummings 12:00 Pinochle 12:00 Arts & Crafts Group 6:00 Second Thursday Out Tech Programming by appointment	9:00 Enhance Fitness 10:00 Balance & Strength 11:30 Hatha Yoga 12:30 Scrabble Club 1:30 Book Club for Adventurous Readers Tech Programming by appointment
17	18	19	20	21
9:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 Gentle Chair Yoga 11:00 Line Dancing 12:30 Movies 1:00 Aging Well Group 1:00 UKES Sing-Along 3:15 OWLS 6:30 Quilters Group	9:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 Get Moving! 10:00 German 12:30 Cribbage 1:30 Chess Club 2:30 Hand Drumming 3:30 Medicare w/Ann-Marie	9:00 Enhance Fitness 9:00 – 12:30 Computer Lab 10:00 Walking Wednesdays 10:00 Balance & Strength 10:00 Party Bridge 11:00 Writing Group 1:00 Mahjong 1:00 SPL Email Basics Class 1:30 Caregivers Support 3:00 Reader's Theatre 3:00 – 4:30 Computer Lab	9:00 Healing Touch 10:00 Tai Chi 10:00 Handwork 12:00 Pinochle 12:00 Arts & Crafts Group 1:00 Current Events Group 3:30 – 5:00 Legal Assistance w/John Llewellyn 5:30 – 7:00 Bugs & Brews! Tech Programming by appointment	9:00 Enhance Fitness 9:00 Foot Care Clinic 10:00 Balance & Strength 11:30 Hatha Yoga 12:30 Scrabble Club 6:00 Rainbow Bingo-Rocky Horror Picture Show Tech Programming by appointment
24	25	26	27	28
9:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 Gentle Chair Yoga 11:00 Line Dancing 11:00 Healthy Eating, Healthy Life 12:30 Movies 1:00 Aging Well Group 1:00 UKES Sing-Along	9:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 Get Moving! 10:00 German 11:45 Birthday Lunch 12:30 Cribbage 1:30 Chess Club 2:30 Hand Drumming 2:30 – 4:00 Legal Assistance w/ Heather De Vrieze	9:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 Walking Wednesdays 10:00 Balance & Strength 10:00 Party Bridge 11:00 Mindful Journaling 1:00 Mahjong 1:30 Cooking with Chef 3:00 Reader's Theatre	9:00 Healing Touch 10:00 Handwork 11:00 History Hour w/ Lance Rhodes 12:00 Pinochle 12:00 Arts & Crafts Group 5:30 – 7:00 Bugs & Brews! Tech Programming by appointment	9:00 Enhance Fitness 9:00 Dental Care Clinic 10:00 Balance & Strength 11:30 Hatha Yoga 12:30 Scrabble Club Tech Programming by appointment
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9:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 Gentle Chair Yoga 11:00 Line Dancing 12:30 Movies 1:00 Aging Well Group 1:00 UKES Sing-Along				