

October 2015— sample calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Ladies meet every Monday 9:00 am 1st Monday –Men & Ladies invited for Skin Health Presentation</i>	<i>Men meet every Friday 9:00 am</i>		<i>1 10:00 Shopping 11:00 Shopping 1:30 Gentle Yoga 2:45 Rosary</i>	<i>2 10:30 Fitness class 4:30 Pomegranate Dinner Outing</i>	<i>3</i>
<i>4</i>	<i>5 10:30 Kuipers Pumpkin Farm Trip 1:00 Canasta Nurse Navigator</i>	<i>6 3:00-5:00 Flu Shots in the Wellness Room</i>	<i>7 1:00 Bingo 3:15 Bookmobile</i>	<i>8 10:00 Shopping 11:00 Shopping 1:00 Gentle Yoga 2:45 Rosary</i>	<i>9 10:30 Fitness class Wellness Center Open 12:30-2:30 4:30 Chipotle Dinner</i>	<i>10</i>
<i>11</i>	<i>12 9:00 Apple Picking 12:00 Movie and Panera for Lunch 1:00 Canasta</i>	<i>13 1:00 Fire Prevention Presentation Coffee and refreshments will be served.</i>	<i>14 1:00 Bingo 3:15 Bookmobile</i>	<i>15 10:00 Shopping 11:00 Shopping 1:30 Gentle Yoga 2:45 Rosary</i>	<i>16 10:30 Fitness class 6:00 Octoberfest</i>	<i>17</i>
<i>18</i>	<i>19 11:30 Maxfield's 1:00 Canasta 3:00 Senior Services Nurse Navigator in the Wellness Room.</i>	<i>20 1:00 Dominoes 3:00-5:00 Flu Shots in the Wellness Room</i>	<i>21 1:00 Bingo 2:30 Activity Planning 3:15 Bookmobile</i>	<i>22 10:00 Shopping 11:00 Shopping 1:30 Gentle Yoga 2:45 Rosary 4:30 Scoreboard</i>	<i>23 10:30 Fitness class Wellness Center Open 12:30-2:30</i>	<i>24</i>
<i>25</i>	<i>26 11:30 Steak & Shake 1:00 Canasta 2:00 Birthday Party Nurse Navigator in the Wellness Room</i>	<i>27 1:00 Coffee Klatch</i>	<i>28 1:00 Bingo 3:15 Bookmobile</i>	<i>29 10:00 Shopping 11:00 Shopping 1:30 Gentle Yoga 2:45 Rosary 4:30 Harner's</i>	<i>30 10:30 Fitness class</i>	<i>31 7:00 Halloween Party Bring a dessert</i>