

October

MON

TUE

WED

THU

FRI

1

8:30 Footcare Appts
9:15 Simply Seniors
9:30 Mahjong
10:30 Arthritis Exercise
11:30 Lunch
1:00 BINGO
1:00 Dominoes

2

8:30 Footcare Appts
9:00 Yoga
10:00 Card Creators
10:15 EnerChi
11:30 Lunch
1:30 Cribbage

3

8:00 ADRC Benefit Specialist
9:00 Cardio Drumming
9:15 Simply Seniors
11:30 Lunch
1:00 Sheepshead

4

8:30 Quilting
9:00 BINGO Brunch
11:30 Lunch

Creation Station reservation deadline

7

8:30 Committee on Aging
9:00 Yoga
10:00 Fitness Fun
11:30 Lunch
12:00 Footcare Appts
1:00 Movie: Coraline

8

8:30 Footcare Appts
9:15 Simply Seniors
9:30 Mahjong
10:30 Arthritis Exercise
10:30 Blood Pressure Screening
11:30 Lunch
1:00 BINGO
1:00 Dominoes

9

8:30 Footcare Appts
9:00 Yoga
10:00 Card Creators
10:15 EnerChi
11:30 Lunch
1:30 Cribbage

10

9:00 Cardio Drumming
9:15 Simply Seniors
11:30 Lunch
1:00 Sheepshead

11

8:30 Quilting
9:00 BINGO Brunch
11:30 Lunch

Creation Station pick up

12:00- Friends of the TRSC Board Meeting

14

9:00 Yoga
10:00 Fitness Fun
11:30 Lunch
12:00 Footcare Appts
1:00 Movie: Young Frankenstein

15

8:30 Footcare Appts
9:15 Simply Seniors
9:30 Mahjong
10:30 Arthritis Exercise
11:30 Lunch
1:00 BINGO
1:00 Dominoes

16

8:30 Footcare Appts
9:00 Yoga
10:00 Card Creators
10:15 EnerChi
11:30 Lunch
1:30 Cribbage

17

NO MORNING ACTIVITIES
11:30 Lunch
11:30 Red Hatter's meeting
1:00 Sheepshead

HEALTH & INFORMATION FAIR 8-12

18

8:30 Quilting
9:00 BINGO Brunch
11:30 Lunch

1:30-2:30pm-Birthday Party!

21

9:00 Yoga
10:00 Fitness Fun
11:30 Lunch
12:00 Footcare Appts
1:00 Movie: Wonder Woman

22

8:30 Footcare Appts
9:15 Simply Seniors
9:30 Mahjong
10:30 Arthritis Exercise
11:30 Lunch
1:00 BINGO
1:00 Dominoes

23

8:30 Footcare Appts
9:00 Yoga
10:00 Card Creators
10:15 EnerChi
11:30 Lunch
1:30 Cribbage

24

9:00 Cardio Drumming
9:15 Simply Seniors
11:30 Lunch
1:00 Sheepshead

6:00 pm Cork & Canvas

25

8:30 Quilting
9:00 BINGO Brunch
11:30 Lunch

28

9:00 Yoga
10:00 Fitness Fun
11:30 Lunch
12:00 Footcare Appts
1:00 Movie: Hocus Pocus 2

29

8:30 Footcare Appts
9:15 Simply Seniors
9:30 Mahjong
10:30 Arthritis Exercise
11:30 Lunch
1:00 BINGO
1:00 Dominoes

30

8:30 Footcare Appts
9:00 Yoga
10:00 Card Creators
10:15 EnerChi
11:30 Lunch
1:30 Cribbage

31

9:00 Cardio Drumming
9:15 Simply Seniors
11:30 Lunch
1:00 Sheepshead

Call 920-793-5596 to sign up for classes and activities today!