



OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	Senior Art Display 9:20 Attorney 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 Line Dance 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Classical Painting 1:00 Rummikub/Dominos	Senior Art Display 9:15 Memory Loss Support Group 9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15-11:00 Functional Training 10:30-11:30 Beginners Yoga 11:15-12:00 Cardio Fit 12:00 Mah Jongg 1:00 Sewing 101	Senior Art Display 9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 9:30-11:30 Tap Dance 9:30-11:30 Speak Up Skills/Vision Program 10:45-11:45 Yoga 10:00-12:00 Bunco 11:30-12:15 SMILE 12:30 Open Play 12:30-1:15 Flex, Movement & Balance 12:30-3:00 Bob Ross Class 1:00-3:00 Knit/Crochet	Senior Art Display 9:15 – 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Open Play 12:30-3:00 Bingo
Senior Art Display 9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 9:15-10:00 Bodyweight Basics 9:30-2:00 Sawdust for Beginners 10:15-11:00 Functional Training 10:30-11:30 The Garden of Eden 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Bridge 12:30 Hand & Foot 12:00 Movie Matinee “Mission Impossible”	Senior Art Display 9:15 Medicare Counseling 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00 Hearing Aid Service 10:00 Halloween Craft 10:00-11:00 Line Dance 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Classical Painting 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers	Columbus Trip Senior Art Display 9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 1:00 Sewing 101	Senior Art Display 9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 9:30-11:30 Tap Dance 9:30-11:30 Speak Up Skills/Vision Program 10:00-11:30 Bunco 10:45-11:45 Yoga 11:30-12:15 SMILE 12:30-1:15 Flex, Movement & Balance 12:30 Open Play 1:00-3:00 Knit/Crochet 1:00 Zentangle	9:15– 10:00 SMILE 9:15 Benefits Check Up 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30-3:00 Bingo 12:30 Open Play 12:30-4:30 AARP Driver Safety
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 9:15-10:00 Bodyweight Basics 9:30-2:00 Sawdust for Beginners 10:15-11:00 Functional Training 10:30-11:30 Garden of Eden 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Bridge 12:30 Hand & Foot	9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 Line Dance 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Rummikub/Dominos 1:00 Classical Painting 1:00-3:00 Woodcarvers 1:00 Weather Preparedness	9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 - Creative Crafts 10:15-11:00 Functional Training 10:30-11:30 Beginners Yoga 11:15-12:00 Cardio Fit 12:00 Mah Jongg 1:00 Meaningful Engagements & Dementia 1:00 TechKNOWledg with Teens 1:00 Sewing 101	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 9:30-11:30 Tap Dance 9:30-11:30 Speak Up Skills/Vision Program 10:00-11:30 Bunco 10:45-11:45 Yoga 11:00-12:00 Blood Pressure Checks 11:30-12:15 SMILE 12:30-1:15 Flex, Movement & Balance 12:30 Open Play 1:00-3:00 Knit/Crochet 3:00 Senior Center & Rec Center close	9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Open Play 12:30-3:00 Bingo 1:00 Michelangelo’s Ceiling
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 9:15-10:00 Bodyweight Basics 10:00 Pokeno 10:15-11:00 Functional Training 10:30-11:30 Garden of Eden 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Bridge 12:30 Hand & Foot 12:30 Movie Matinee “Fly Me to the Moon” 1:00-3:00 Quilters	9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 Line Dance 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Classical Painting 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers 1:00-Low Vision Connection	9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 - Creative Crafts 10:15-11:00 Functional Training 10:30 Amplification vs. Clarity 11:15-12:00 Cardio Fit 12:00 Mah Jongg 1:00 Sewing 101	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 9:30-11:30 Tap Dance 9:30-11:30 Speak Up Skills/Vision Program 10:00-11:30 Bunco 10:45-11:45 Yoga 11:30-12:15 SMILE 12:30-1:15 Flex, Movement & Balance 12:30 Open Play 1:00-3:00 Knit/Crochet 1:00 Zentangle 1:30 Immunizations	9:00 HEAP 9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:00 Attorney 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Open Play 12:30-3:00 Bingo
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 9:15-10:00 Bodyweight Basics 10:00 History of Ohio Trees 10:15-11:00 Functional Training 10:30 The Garden of Eden (new) 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Bridge 12:30 Hand & Foot 1:00-3:00 Quilters 2:30 Book Discussion (Strong’s. Library)	9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 Line Dance 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Classical Painting 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers	9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 - Creative Crafts 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 9:30-11:30 Tap Dance 10:00-11:30 Bunco 10:45-11:45 Yoga 11:30-12:15 SMILE 12:30-1:15 Flex, Movement & Balance 12:30 Open Play 1:00-3:00 Knit/Crochet <div style="text-align: right; margin-top: 10px;">  </div>	