



Daily Drop-In Activities

Mondays

Senior Workout	9:00 a.m.
Bridge	9:00 a.m.
Walking Group	9:00 a.m.
Senior-cize	11 a.m.-12 noon
Art: Judy Priest	10:00 a.m.
Spanish Class Time	10:00-11:30 a.m.
Knitting & Crocheting	10:30 a.m.
Gentle Yoga & Chair Exercise	12:30-1:30 p.m.
Yoga	2:00-3:45 p.m.

Tuesdays

Crafts	10:00 a.m.
SHIBA Health Ins. Advice	10:00 a.m.-12 noon
Dominoes	1:00 p.m.
Ping Pong	1:00-3:00 p.m.
Middle Eastern Dancers	7:00-9:00 p.m.
2nd & 4th Tues.-Potluck	11:30 a.m.
2nd & 4th Tues.-BUNCO	1:00 p.m.

Wednesdays

Senior Workout	9:00 a.m.
Glee Club	10:00 a.m.
Senior-cize	11 a.m.-12 noon
Bridge	1:00 p.m.
1st & 3rd Weds. -Poetry	1:00 p.m.-2:30 p.m.

Thursdays

Open Sew	9:00 a.m.-3:00 p.m.
Hula Dancing	10:00-11:00 a.m.
P A N	10:00-12 noon
Bingo	12:30 p.m.
Scrabble	1:00 p.m.
Stretch Yoga	1:00-2:30 p.m.
Stretch Yoga	3:00-4:45 p.m.
Karate	6:30-8:00 p.m.

Fridays

Senior Workout - cancelled 10/2	9:00 a.m.
Senior-cize - cancelled 10/2	11 a. m.-12 noon
Pinochle	12:30 p.m.
Sing-a-Long at Facilities	2:30 p.m.
Bingo	6:00 p.m.

Saturdays

Hula Dancing	10:00 a.m.
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For further information about any activity,
call the Senior Center office at 683-6806.

OCTOBER 2009

Seminars, Special Events, Activity Changes,
New Classes, and Reminders

Mon	Tue	Wed	Thu	Fri
COMING EVENTS: November 6 & 7 <i>Fall Arts & Craft Show</i>			1 Daily Drop-In Activities ELDER LAW FORUM 9:30am to 4:00pm see page 7	2 Daily Drop-In Activities ALL MAIN ROOM ACTIVITIES CANCELLED ELDER LAW FORUM 2:30 PM Senior Singers @
5 Daily Drop-In Activities	6 Daily Drop-In Activities	7 Daily Drop-In Activities 10:00 am -- Diabetes	8 Daily Drop-In Activities	9 Daily Drop-In Activities 2:30 pm Senior Singers @ Olympic Care
12 Daily Drop-In Activities	13 Daily Drop-In Activities 11:30 am—POTLUCK 1 pm—BUNCO	14 Daily Drop-In Activities	15 Daily Drop-In Activities	16 Daily Drop-In Activities 2:30 pm Senior Singers @ Sherwood THE DIAMOND EXPERIENCE SATURDAY
19 Daily Drop-In Activities	20 Daily Drop-In Activities "REMEMBER to mail your ballots for the board election or bring them to the Annual Meeting next week!"	21 Daily Drop-In Activities	22 Daily Drop-In Activities	23 Daily Drop-In Activities 2:30 pm Senior Singers @ Prairie Springs NANCY'S FASHION SHOW LUNCHEON SATURDAY
26 Daily Drop-In Activities	27 Daily Drop-In Activities 11:30 am—POTLUCK 1 pm—BUNCO	28 Daily Drop-In Activities	29 Daily Drop-In Activities	30 Daily Drop-In Activities

Check Your Clock!

Mark your calendar, write yourself notes - do whatever you need to remind yourself to set your clocks **BACK** 1 hour Saturday night, October 31st!!

