











OCTOBER 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 10:00 Zumba Class 2:00 Rev Sobiesiak, St. Elizabeth RC, White-hall</p>	<p>2 10:00 Exercise 1:00 A Matter of Balance Class (1st) 6:30 Poker League</p>	<p>3 10:00 Chat Room 2:00 Speaker—Breast Cancer</p> 	<p>4 9:00 Walkers Club 9:30 Yoga 12:30 Tai Chi 5:30 Wii Bowling</p>	<p>5 9:00 Coffee & Donuts 12:30 Pinochle Party</p> 
<p>6 2:00 Yarns Around</p>	<p>7 10:00 Exercise 1:00 Bible Study 1:30 Committee Mtg 6:00 Bingo 6:30 Poker League</p>	<p>8 9:00 Massage by Appointments 10:00 Zumba Class 2:00 General Meeting</p>	<p>9 10:00 Exercise 1:00 A Matter of Balance Class (2nd) 2:00 Speaker—<i>Dietitian</i> 6:30 Poker League</p>	<p>10 9:00 Flu Shots 10:00 Chat Room 2:00 Rev Lisa Borrell-Christ Lutheran</p>	<p>11 9:00 Walkers Club 9:30 Yoga 11:00 Second Harvest 12:30 Tai Chi 5:30 Wii Bowling</p>	<p>12</p>
<p>13 1:30 Rudy Garcia "The Harmonica Man" 2:00 Yarns Around</p>	<p>14</p> 	<p>15 10:00 Zumba Class 2:00 Speaker—<i>Hypertension</i></p>	<p>16 10:00 Exercise 1:00 A Matter of Balance Class (3rd) 1:00 Computer Class 6:30 Poker League</p>	<p>17 10:00 Chat Room 2:00 Rev Jay Wetzel-St John Lutheran</p>	<p>18 9:00 Walkers Club 9:30 Yoga 12:30 Tai Chi 5:30 Wii Bowling</p>	<p>19 11:00 Soup & Hot Dogs</p> 
<p>20 2:00 Yarns Around</p> 	<p>21 10:00 Exercise 1:00 Bible Study 3:00 Speaker—VA Benefits 6:30 Poker League</p>	<p>22 10:00 Zumba Class 2:00 Rev Larry Burd, Calvary Baptist</p>	<p>23 10:00 Exercise 1:00 A Matter of Balance Class (4th) 6:30 Poker League</p>	<p>24 10:00 Chat Room 6:00 Anniversary Dinner</p> 	<p>25 9:00 Walkers Club 9:30 Yoga 12:30 Tai Chi 5:30 Wii Bowling</p>	<p>26</p>
<p>27 2:00 Yarns Around 5:00 Halloween Party</p> 	<p>28 10:00 Exercise 11:00 Therapy Dog 1:00 Bible Study 2:00 St Paul Video</p>	<p>29 10:00 Zumba Class</p> 	<p>30 10:00 Exercise 1:00 A Matter of Balance Class (5th) 1:00 Computer Class</p>	<p>31 10:00 Chat Room 2:00 Rev Jack Tanis-Calvary Baptist</p> 		<p>Wii Bowling</p> 