



# OCTOBER 2025

| Monday                                                                                                                                                                                                                                                                                  | Tuesday                                                                                                                                                                      | Wednesday                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                | Friday                                                                                                                                                                                      |
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| Please remember that all programs require registration. Register online by visiting our website!                                                                                                                                                                                        |                                                                                                                                                                              |                                                                                                                                                                                                                |                                                                                                                                                                                                                         |                                                                                                                                                                                             |
|                                                                                                                                                                                                                                                                                         |                                                                                                                                                                              | <b>1</b><br>9:00 Strength & Balance with Serina ◊<br>10:00 Walking Group<br>10:00 Craft Group<br>10:00 Crochet Lessons ◊<br>1:00 American Mahjong (intermediate)<br>1:00 Cribbage (intermediate)               | <b>2</b><br>10:00 Tai Chi ◊<br>10:00 Octets Bridge<br>1:00 American Mahjong (novice)<br>1:00 Adult Coloring Group<br>2:00 Ukelele Group                                                                                 | <b>3</b><br>9:00 Open House<br>9:00 Walk with Bridget<br>10:00 Elder Elves Meeting<br>10:00 Uno & Rummikub<br>10:00 Knitting Group<br>1:00 Cribbage (intermediate)                          |
| <b>6</b><br>9:30 Spunky Spades Bridge<br>10:00 Tai Chi for Arthritis – Extension Movements ◊<br>10:00 Men's Coffee and Conversation<br>11:00 Caregiver Support Group<br>11:00 Cardio & Stretch with Sue ◊<br>12:30 Merry Maidens Bridge<br>1:00 Cribbage (beginner)<br>1:00 Hand & Foot | <b>7</b><br>10:00 Art Workshop ◊<br>10:00 Mindfulness with Nancy<br>10:00 Gentle Vinyasa Yoga with Leslie ◊<br>1:00 Canasta<br>1:00 Come Play Backgammon<br>1:00 French Club | <b>8</b><br>9:00 Strength & Balance with Serina ◊<br>10:00 Walking Group<br>10:00 Craft Group<br>10:00 Crochet Lessons ◊<br>1:00 American Mahjong (intermediate)<br>1:00 Cribbage (intermediate)               | <b>9</b><br>10:00 Tai Chi ◊<br>10:00 Octets Bridge<br>11:00 Wise Women Wondering<br>1:00 American Mahjong (novice)<br>1:00 Adult Coloring Group<br>2:00 Ukelele Group                                                   | <b>10</b><br><div style="text-align: center;"> <b>CLOSED</b><br/> <b>For</b><br/> <b>Programming</b><br/> <b>Kitchen Tour</b><br/> <b>Prep</b> </div>                                       |
| <b>13</b><br><div style="text-align: center;"> <b>CLOSED</b><br/> <b>For</b><br/> <b>Programming</b><br/> <b>For</b><br/> <b>Indigenous</b><br/> <b>People Day/</b><br/> <b>Columbus Day</b> </div>                                                                                     | <b>14</b><br>9:30 Weekly Blood Pressure Check<br>10:00 Art Workshop ◊<br>10:00 Gentle Vinyasa Yoga with Leslie ◊<br>1:00 Canasta<br>1:00 Come Play Backgammon                | <b>15</b><br>9:00 Strength & Balance with Serina ◊<br>10:00 Craft Group<br>11:00 Mens Lunch Bunch @ Duffy's<br>10:00 Crochet Lessons ◊<br>1:00 American Mahjong (intermediate)<br>1:00 Cribbage (intermediate) | <b>16</b><br>9:00 Cardio and Dance ◊<br>10:00 Tai Chi ◊<br>10:00 Octets Bridge<br>1:00 American Mahjong (novice)<br>1:00 Adult Coloring Group<br>2:00 Aetna Medicare 2026 Enrollment Presentation<br>2:00 Ukelele Group | <b>17</b><br>9:00 Open House<br>9:00 AARP Paper Shred<br>9:00 Walk with Bridget<br>10:00 Uno & Rummikub<br>10:00 Knitting Group<br>1:00 Cribbage (intermediate)<br>2:00 Parkinson's Support |



# OCTOBER 2025

| Monday                                                                                                                                                                                                                                                                                                                                         | Tuesday                                                                                                                                                                                                                             | Wednesday                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                                                     | Friday                                                                                                                                                                                                                                                                                                                             |
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| <b>20</b><br>9:30 Spunky Spades Bridge<br><b>10:00 Tai Chi for Arthritis – Extension Movements ◇</b><br><b>10:00 Men's Coffee and Conversation</b><br>11:00 Caregiver Support Group<br><b>11:00 Cardio &amp; Stretch with Sue ◇</b><br>12:30 Merry Maidens Bridge<br>1:00 Cribbage (beginner)<br>1:00 Hand & Foot                              | <b>21</b><br><b>9:30 Weekly Blood Pressure Check</b><br>10:00 Art Workshop ◇<br>10:00 Gentle Vinyasa Yoga with Leslie ◇<br><b>12:00 SMAA Community Cafe</b><br>1:00 Canasta<br><b>1:00 Come Play Backgammon</b><br>1:00 French Club | <b>22</b><br><b>9:00 Strength &amp; Balance with Serina ◇</b><br>10:00 Craft Group<br><b>10:00 Crochet Lessons ◇</b><br>1:00 American Mahjong (intermediate)<br>1:00 Cribbage (intermediate)                   | <b>23</b><br><b>9:00 Cardio and Dance ◇</b><br>10:00 Octets Bridge<br><b>10:00 Tai Chi ◇</b><br><b>11:00 Social Group</b><br>1:00 American Mahjong (novice)<br>1:00 Adult Coloring Group<br>2:00 Ukelele Group<br><b>2:00 Widow and Widower Social Group</b> | <b>24</b><br>9:00 Open House<br>10:00 Elder Elves Meeting<br><b>10:00 Uno &amp; Rummikub</b><br>10:00 Knitting Group<br>1:00 Cribbage (intermediate)                                                                                                                                                                               |
| <b>27</b><br>9:30 Spunky Spades Bridge<br><b>10:00 Tai Chi for Arthritis – Extension Movements ◇</b><br><b>10:00 Men's Coffee and Conversation</b><br><b>10:00 Medicare 101</b><br>11:00 Caregiver Support Group<br><b>11:00 Cardio &amp; Stretch with Sue ◇</b><br>12:30 Merry Maidens Bridge<br>1:00 Cribbage (beginner)<br>1:00 Hand & Foot | <b>28</b><br><b>9:30 Weekly Blood Pressure Check</b><br>10:00 Art Workshop ◇<br>10:00 Gentle Vinyasa Yoga with Leslie ◇<br>1:00 Canasta<br><b>1:00 Come Play Backgammon</b>                                                         | <b>29</b><br><b>9:00 Strength &amp; Balance with Serina ◇</b><br>10:00 Craft Group<br><b>10:00 Crochet Lessons ◇</b><br>1:00 American Mahjong (intermediate)<br>1:00 Cribbage (intermediate)<br>1:00 Book Club | <b>30</b><br><b>9:00 Keep It Legal</b><br><b>9:00 Cardio and Dance ◇</b><br><b>10:00 Tai Chi ◇</b><br>10:00 Octets Bridge<br>1:00 American Mahjong (novice)<br>1:00 Adult Coloring Group<br>2:00 Ukelele Group                                               | <b>31</b><br>9:00 Open House<br>9:00 Walk with Bridget<br><b>9:00 "Get up, stand up" and how to do it safely</b><br><b>10:00 Understanding Secure Act 2 Presentation</b><br><b>10:00 Uno &amp; Rummikub</b><br>10:00 Knitting Group<br><b>11:30 Bridget's Lunch Bunch @ Brickyard Hollow OGT ◇</b><br>1:00 Cribbage (intermediate) |

## KEY

**Highlighted Program** = New & Noteworthy

◇ = Program Fee

**Bold Program** = Off-Site Program or Fundraiser