



OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Please remember that all programs require registration. Register online by visiting our website!				
	1 CENTER CLOSED FOR PARKING LOT CONSTRUCTION	2 CENTER CLOSED FOR PARKING LOT CONSTRUCTION	3 10:00 Octets Bridge 11:00 Grief Support 1:00 American Mahjong (novice) 1:00 Coloring Group 1:00 Intro to Bridge ♦ 2:00 Ukelele Group	4 9:00 Open House 9:30 ELDER ELVES MEETING 10:00 Knitting Group 11:00 Crochet Lessons 1:00 Cribbage (intermediate) 2:00 Hearing Life
7 9:00 Holiday Bow Making (volunteers needed) 9:30 Spunky Spades Bridge 10:00 Medicare 101 11:00 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:30 Hand & Foot	8 10:00 Art Workshop ♦ 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie ♦ 12:00 Bridget's Lunch Bunch @ Colony Hotel 12:00 Tech Class – Iphone tips & Tricks 1:00 Canasta 1:00 French Club	9 9:00 Bridge Group 10:00 Walking Group 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	10 10:00 COR Health Chair Exercise class 10:00 Octets Bridge 11:00 Wise Women Wondering (NEW GROUP) 1:00 American Mahjong (novice) 1:00 Coloring Group 1:00 Intro to Bridge ♦ 2:00 Ukelele Group	11 9:00 Open House 10:00 Knitting Group 11:00 Crochet Lessons 1:00 Cribbage (intermediate) 1:00 Friday Afternoon Halloween Movie, "Ghostbusters"
14 COLUMBUS DAY CENTER CLOSED	15 10:00 Art Workshop ♦ 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie ♦ 12:00 Tech Class – Apple Ipad basics 1:00 Canasta	16 9:00 Bridge Group 10:00 Walking Group 10:00 Italy Group Mtg. 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	17 9:30 Learn to Jazzercise 10:00 Octets Bridge 11:00 Grief Support 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 1:00 Intro to Bridge ♦ 2:00 Ukelele Group	18 9:00 Open House 10:00 Knitting Group 11:00 Crochet Lessons 1:00 Cribbage (intermediate) 2:00 Parkinsons Support Group

