

## OCTOBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 10:30 Chair Yoga 1:00 Euchre	30 10:00 Chair Cardio 11:00 Chair V-ball	1 10:30 Pick-your-Craft	2 10:00 Chair Cardio 11:00 Chair V-ball 12:00 Bridge 1:00 Euchre	3 11:00 Sing-a-Long 1:00 BINGO	4
5	6 10:30 Chair Yoga 1:00 Euchre	7 <b>10a-2p HEALTH FAIR</b> Quarterly Screening RSV, Flu & Pneumonia vaccines, LOTS of vendors and community partners	8 10:30 Pick-your-Craft 1pm Puzzle Exchange (bring in your gently used puzzles and exchange with friends)	9 10:00 Chair Cardio 11:00 Chair V-ball 1:00 Euchre	10 11:00 Sing-a-Long 1:00 BINGO	11
12	13 <b>Columbus Day</b> 10:30 Chair Yoga 1:00 Euchre	14 10:00 Chair Cardio 11:00 Chair V-ball 11:00 Book Club	15 10:30 Pick-your-Craft	16 10:00 Chair Cardio 11:00 Chair V-ball 12:00 Bridge 1:00 Euchre	17 11:00 Sing-a-Long at Momentous Health 1:00 BINGO	18
19	20 10:30 Chair Yoga 1:00 Euchre	21 10:00 Chair Cardio 11:00 Chair V-ball <b>1:00 Medicare Presentation</b>	22 10:30 Pick-your-Craft	23 10:00 Chair Cardio 11:00 Chair V-ball 1:00 Euchre	24 11:00 Sing-a-long 1:00 BINGO	25
26	27 10:30 Chair Yoga 1:00 Euchre	28 10:00 Chair Cardio 11:00 Chair V-ball	29 10:30 Pick-your-Craft	30 10:00 Chair Cardio 11:00 Chair V-ball 1:00 Euchre	31 <b>HALLOWEEN</b> 11:00 Sing-a-Long 1:00 BINGO <b>COSTUMES ENCOURAGED!!</b>	1