



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<b>DON'T FORGET OKTOBERFEST</b> Oct. 19, 2019 	<b>Save Your Photos 9:30 - 11:30</b> Coffee and Chat 9:30 - 12 Canasta 12:15 - 3 Choir 12:30 - 1:30 Watercolors 12:30 - 2:30 ESSETRICS 1 - 1:45	<b>Cooking with Pulses 9:30 - 11:30</b> Mah Jong 9:30 - 12 Bridge 12:30 - 3 Boosting Brain Health 12:30 - 3 ESSETRICS Cardio 1-2 Coffee and Chat 1 - 4	Stretch and Strength Yoga 9 - 10 <b>All About Eyebrows 9:30 - 10:30</b> Cribbage 9:30 - 12 Golden Gloves 10:15 - 11:15 Computer Class 12 - 130 Zumba Gold 1 - 1:45 Pickleball 1:30 - 3	Euchre 9:30 - 12 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 ESSETRICS 1 - 1:45
7	8	9	10	11
Home Supports 9 - 3 Chronic Pain Workshop 9:30 - 12 Book Club 9:30 - 11:30 Gentle Yoga 9:45 - 11 Corn Maze Picnic 11 - 2 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Pickleball 1:30 - 3	<b>Heart Attacks 9:30 - 11:30</b> Coffee and Chat 9:30 - 12 Canasta 12:15 - 3 Choir 12:30 - 1:30 Watercolors 12:30 - 2:30 ESSETRICS 1 - 1:45	<b>Medical Assist. Dying 9:30 - 10:30</b> Mah Jong 9:30 - 12 Bridge 12:30 - 3 Boosting Brain Health 12:30 - 3 ESSETRICS Cardio 1-2 Coffee and Chat 1 - 4	Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Golden Gloves 10:15 - 11:15 Knee and Hip Surgery 10:30 - 12 Computer Class 12 - 1:30 Zumba Gold 1 - 1:45 Pickleball 1:30 - 3	Euchre 9:30 - 12 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 ESSETRICS 1 - 1:45
14	15	16	17	18
	<b>Estate Planning 9:30 - 11:30</b> Coffee and Chat 9:30 - 12 Canasta 12:15 - 3 Choir 12:30 - 1:30 Watercolors 12:30 - 2:30 ESSETRICS 1 - 1:45	<b>Garden Suites 9:30 - 11:30</b> Mah Jong 9:30 - 12 Bus Trip: Mosque 10:30 - 3 Bridge 12:30 - 3 Boosting Brain Health 12:30 - 3 ESSETRICS Cardio 1-2 Coffee and Chat 1 - 4	Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Golden Gloves 10:15 - 11:15 My Journey/ Funeral 10:30 - 12 Computer Class 12 - 1:30 Zumba Gold 1 - 1:45 Pickleball 1:30 - 3	Euchre 9:30 - 12 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 ESSETRICS 1 - 1:45
21	22	23	24	25
Home Supports 9 - 3 Chronic Pain Workshop 9:30 - 12 Gentle Yoga 9:45 - 11 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Pickleball 1:30 - 3	<b>Create a Sketchbook 9:30 - 11:30</b> Coffee and Chat 9:30 - 12 Canasta 12:15 - 3 Choir 12:30 - 1:30 ESSETRICS 1 - 1:45	Mah Jong 9:30 - 12 Boosting Brain Health 12:30 - 3 Bridge 12:30 - 3 ESSETRICS Cardio 1-2 Coffee and Chat 1 - 4	Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Golden Gloves 10:15 - 11:15 Computer Class 12 - 1:30 Zumba Gold 1 - 1:45 Pickleball 1:30 - 3	Euchre 9:30 - 12 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 ESSETRICS 1 - 1:45
28	29	30	31	
Home Supports 9 - 3 Chronic Pain Workshop 9:30 - 12 Gentle Yoga 9:45 - 11 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Pickleball 1:30 - 3	Coffee and Chat 9:30 - 12 <b>Tech Help with EPL 10 - 11:30</b> Canasta 12:15 - 3 Choir 12:30 - 1:30 True Cost of Food 12:30 - 2 ESSETRICS 1 - 1:45	Mah Jong 9:30 - 12 <b>SWESA LUNCHEON 11:30 - 2</b> Bridge 12:30 - 3 ESSETRICS Cardio 1-2 Coffee and Chat 1 - 4	Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Golden Gloves 10:15 - 11:15 Zumba Gold 1 - 1:45 Pickleball 1:30 - 3	Happy Halloween 