


OCTOBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00. Silver Sneakers	2 10:00. Yoga Class	3
4	5 10:00. Silver Sneakers	6 10:30. Zumba Stretch/Tone/Dance	7 10:00. Tai Chi Class	8 10:00. Silver Sneakers	9 10:00. Documentary The Secrets of Nature	10
11	12 10:00. Silver Sneakers	13 10:30. Fall 2020 Jewelry & Fashion Show	14 10:00. Tai Chi Class	15 10:00. Silver Sneakers	16 10:00. Dominoes & Coffee	17
18	19 10:00. Silver Sneakers	20 10:30. Zumba Stretch/Tone/Dance	21 10:00. Tai Chi Class	22 10:00. Silver Sneakers	23 10:00. Halloween Costume Party	24
25	26 10:00. Silver Sneakers	27 10:00. Baking Contest	28 10:00. Tai Chi Class	29 10:00. Silver Sneakers	30 10:00. Yoga Class	31
		<p>Notes</p>  <ul style="list-style-type: none"> * Daily Blood Pressure Screenings upon request. Fitness/Exercise Room available daily for Humana Gold Plus Patients. Coffee – Offered daily. Transportation provided for Office Visits. * Free Wi-Fi Access. 				