

# Monday

# Wednesday

# Friday



4 9:00 Coffee & Tea  
10:30 Card Game  
11:30 Lunch Hour



6 9:00 Coffee & Tea  
10:00 Arthritis Exercise with Debbie  
11:30 Lunch Hour

8 9:00 Coffee & Tea  
10:00 B-i-n-g-o  
11:30 Lunch Hour

11 9:00 Coffee & Tea  
10:30 Current Events  
11:30 Lunch Hour

13 9:00 Coffee & Tea  
10:00 Arthritis Exercise with Debbie  
11:30 Lunch Hour



15 9:00 Coffee & Tea  
10:00 B-i-n-g-o  
11:30 Lunch Hour

18 9:00 Coffee & Tea  
10:30 Speaker: Rachael Wydra  
Playing Games for Mental Well Being/  
11:30 Lunch Hour



20 9:00 Coffee & Tea  
10:00 Arthritis Class with Debbie  
11:30 Lunch Hour

22 9:00 Coffee & Tea  
10:00 B-i-n-g-o  
11:30 Lunch Hour

25 9:00 Coffee & Tea  
10:00 Word Search  
11:30 Lunch Hour

27 9:00 Coffee & Tea  
10:00 Arthritis Class with Debbie  
11:30 Lunch Hour



29 9:00 All Center Meets at the Mountain Center  
10:30 Speaker: Tracy Fox  
Winter Driving and Safety  
11:30 Lunch & Halloween Party