



October 2026

Mountain Center

Open Tues. Thurs. Fri. 9am-2pm

Mon	Tues	Wed	Thurs	Fri
			¹ 9:30am – Coffee & Tea 11:30am – Lunch 12pm – B-I-N-G-O!	² 9am – Coffee & Tea 10am – Exercise Video 11:30am – Lunch 12pm – B-I-N-G-O!
⁵	⁶ 9am – Coffee & Tea 10am – Arthritis Class 11:30am – Lunch 12pm – B-I-N-G-O!	⁷	⁸ 9:30am – Coffee & Tea 10am – Blood Pressure 11:30am – Lunch 12pm – B-I-N-G-O!	⁹ 9am – Coffee & Tea 10am – Exercise Video 11:30am – Lunch 12pm – B-I-N-G-O!
¹²	¹³ 9am – Coffee & Tea 10am – Arthritis Class 11:30am – Lunch 12pm – B-I-N-G-O!	¹⁴	¹⁵ 9am – Coffee & Tea 10:30am – Presentation 11:30am – Lunch 12pm – B-I-N-G-O!	¹⁶ 9am – Coffee & Tea 10am – Exercise Video 11:30am – Lunch 12pm – B-I-N-G-O!
¹⁹	²⁰ 9am – Coffee & Tea 10am – Arthritis Class 11:30am – Lunch 12pm – B-I-N-G-O!	²¹	²² 9am – Coffee & Tea 10:30am – Presentation 11:30am – Lunch 12pm – B-I-N-G-O!	²³ 10am – A Midsummer Night's Dream at ESU (RSVP by 10/7) 12:15pm – Lunch at Loder
²⁶	²⁷ 9am – Coffee & Tea 10am – Arthritis Class 11:30am – Lunch 12pm – B-I-N-G-O!	²⁸	²⁹ 9:30am – Coffee & Tea 11:30am – Lunch 12pm – B-I-N-G-O!	³⁰ 10am – Halloween Party (RSVP by 10/14)