OCTOBER 2024 LEAVES ARE FALLING AND FROST ON THE PUMPKINS!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1		1 9 **-3** WALK THE TRACK **10-12 FLU SHOTS** 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	2 9-3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM **12:00 TECH HELP** 12:30 CANASTA 12:30 LINE DANCING	3 **UMSSC CLOSED FOR ROSH HASHANAH**	4 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 CORNHOLE 10:30 SING-A-LONG 1:00-2:30 TRIVIA	5
6	7 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	8 9 **-3** WALK THE TRACK **10:00 BOARD MEETING** 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	9 9-3 WALK THE TRACK 12:00 NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	10 9-3 WALK THE TRACK **9:45-12 NURSE -BP & KARA FOR NUTRITION** 10:15 BINGO 11:45 FUN & FITNESS	11 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 CORNHOLE 10:30 SING-A-LONG 1:00 -2:30 TRIVIA	12
13	14 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ZOOM) **11:30 MOVIE "BEST OF CAROL BURNETT TV SHOW"** 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN **1:00 BOOK TALK**	15 9 **-3** WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45PINOCHLE 12:45 BAND PRACTICE	16 9-3 WALK THE TRACK **9:45 MEDITATION** 12:00 NEIGHBORS ON ZOOM **12:00 TECH HELP** 12:30 CANASTA 12:30 LINE DANCING	17 **8:30 JIM THORPE EXCURSION** 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS	18 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 CORNHOLE 10:30 SING-A-LONG 1:00-2:30 TRIVIA	19
20	21 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	22 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	23 9-3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	24 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS **12:45 AETNA MEDICARE PRESENTATION**	25 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 CORNHOLE 10:30 SING-A-LONG **1:00-2:30 TRIVIA CANCELLED**	26
27 **UMSSC BIG BINGO** 	28 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	29 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	30 9-3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	31 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 		