

OCTOBER 2025 FROST ON THE PUMPKINS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9-3 WALK THE TRACK 9:45 MEDITATION 12:00 CELLPHONES MADE SIMPLE(cancelled) 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM	2 UMSSC CLOSED FOR YOM KIPPUR 	3 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 TRIVIA	4
5	6 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN 1:00 POKER	7 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 PEPPERS BY AMEDEO'S "GIVE BACK" 4-9PM	8 9-3 WALK THE TRACK 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM 1:45 DIABETES PROGRAM	9 9-3 WALK THE TRACK 9:45-12 NURSE 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	10 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 TRIVIA	11
12	13 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12:00 MONDAY MATINEE"WITNESS" 12-3 ART GROUP 12:30 MEXICAN TRAIN	14 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	15 9-3 WALK THE TRACKT 9:45 MEDITATION 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM	16 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	17 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 TRIVIA	18
19	20 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN 1:00 POKER 1:00 BOOK TALK DIWALI	21 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	22 9-3 WALK THE TRACK 10:00-2:30 AARP SAFE DRIVERS REFRESHER COURSE(sign up in advance required) 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM	23 9-3 WALK THE TRACK 7:45 GETTYSBURG EXCURSION 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM 1:00 QUILTING	24 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 TRIVIA	25
26 UMSSC BIG BINGO 	27 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN	28 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	29 9-3 WALK THE TRACK 12:00 CELLPHONES MADE SIMPLE 11:45 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM	30 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00 OSTEOPOROSIS PRESENTATION 1:00-3:00 OPEN GAME ROOM	31 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 TRIVIA 	