



**Repairs to the front parking lot will be done Monday October 2<sup>nd</sup> through Friday October 6<sup>th</sup>  
Please park in the rear of the building.**

## October 2017 Calendar

<i><b>Monday</b></i>	<i><b>Tuesday</b></i>	<i><b>Wednesday</b></i>	<i><b>Thursday</b></i>	<i><b>Friday</b></i>
<b>2</b> No Programs on Monday, Closed for repairs	<b>3</b> 9:15 Wii - Bowling 9:30 Crafts- Toyland 10:00 Ceramics <b>10:30 Zumba</b> 11:00 Crochet / Knitting 12:45 Lucky 13	<b>4</b> <b>10:30 Toning Zumba</b>  <b>1:00 Karaoke</b>	<b>5</b> 9:00 Workout 9:30 Crafts-Toyland 10:00 Ceramics 10:00 Move Easy 12:45 Bingo	<b>6</b> 10:00 Senior Aerobics 11:00 Slow Flow Yoga 11:00 Crochet/Knitting <b>1:00 Crossword Challenge</b>
No Lunch	Roaring Ribet	Swedish Meatballs	Knockwurst	Garden Burger
<b>9</b> Columbus Day Holiday	<b>10</b> 9:15 Wii - Bowling 9:30 Crafts-Holiday Cards \$1.00 10:00 Ceramics <b>10:30 Zumba</b> 11:00 Crochet / Knit <b>12:45 Bingo</b>	<b>11</b> <b>12:00 Lunch \$5.00 KFC</b> <b>12:30 Sing-a-long with Ellen</b>	<b>12</b> 9:00 Workout 9:30 Crafts- Games  10:00 Ceramics <b>10:00 Move Easy</b> <b>12:45 Candy Pokeno</b>	<b>13</b> 10:00 Senior Aerobics 11:00 Slow Flow Yoga 11:00 Crochet/Knitting <b>12:00 Hampton Ridge Bingo &amp; Lunch</b>
Closed	Sweet/Sour Chicken	No Lunch	Bodacious Burger	No Lunch
<b>16</b> 9:00 Workout 10:00 Forever Young 10:00 Ceramics <b>11:00 Pumpkin Painting w/Bartley</b> <b>12:45 Mahjong</b> <b>1:00 Candy Bingo</b>	<b>17</b> 9:15 Wii - Bowling 9:30 Crafts-Holiday Cards \$1.00 10:00 Ceramics <b>10:30 Zumba</b> 11:00 Crochet / Knit <b>12:45 Cooking Demo w/Bartley Healthcare</b>	<b>18</b> <b>10 to 12pm O.C.B.O.H. Flu Shots</b> <b>10:30 Toning Zumba</b> <b>11:00 Nutrition Talk</b> <b>1:00 Trivia Challenge</b>	<b>19</b> 9:00 Work Out 9:30 Crafts-Toyland 10:00 Ceramics 10:00 Move Easy <b>11:00 Crochet/Knitting</b>	<b>20</b> <b>The Fall Senior Expo Has Been Canceled</b>
Chillin' Chili	Grilled Chicken	Meatball Parm	Fried Pork	No Lunch
<b>23</b> 9:00 Workout 10:00 Ceramics <b>10:00 Forever Young</b> <b>12:45 Mahjong</b> <b>1:00 Candy Bingo (volunteer)</b>	<b>24</b> 9:15 Wii - Bowling 9:30 Crafts-Toyland 10:00 Ceramics <b>10:30 Zumba</b> 11:00 Crochet / Knit <b>12:45 Word Pictures</b>	<b>25</b> 10:00 Movie- <b>King Kong Skull Island</b> 11:00 Crochet/Knit <b>1:00 Hangman Challenge</b>	<b>26</b> 9:00 Workout 9:30 Crafts-Toyland 10:00 Ceramics <b>10:00 Move Easy</b> <b>12:30 Birthday Cake and Bingo with Sunrise Assisted Living</b>	<b>27</b> 9:30 Spooktacular Continental Breakfast \$3.00 9:30 Medicare Seminar Part D 10:00 Senior Aerobics 11:00 Slow Flow Yoga <b>12:45 Holy Redeemer Bingo &amp; Dessert</b>
Stuffed Cabbage	Italian Sausage	Meatloaf	Chicken Parm	Cheese Omelet
<b>30</b> 9:00 Workout 10:00 Ceramics 10:00 Forever Young 11:00 Crochet / Knit <b>1:00 Candy Bingo (volunteer)</b>	<b>31</b> 9:15 Wii - Bowling 9:30 Crafts-Toyland 10:00 Ceramics <b>10:30 Zumba</b> 11:00 Crochet / Knit <b>12:45 Spooky 13 \$1</b>			<b>Daily Games: Cards, Billiards, Chess, Checkers, Domino's, etc.</b>
BBQ Chicken	Stuffed Pepper			