




Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle	3 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 11:00 Intergenerational Chess 1:00 Cribbage	4 10:00 Aerobics 10:00 Class of '52 10:00 Blood Pressure 11:30 Center Luncheon 12:00 Medicare Presentation 1:00 Great Pretenders	5 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 1:00 Cribbage 1:00 NCOA Meeting	6 10:00 Aerobics 10:00 Color Tour Day Trip 11:00 Soup Luncheon 1:00 Social Bingo
9 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle	10 10:00 Wii Bowling 10:00 Class of '51 10:00 Tai Chi for Arthritis 1:00 Cribbage 1:00 Painting Class FootCare— By Appointment	11 10:00 Aerobics 11:30 Center Luncheon 12:00 Estate Planning Presentation 1:00 Great Pretenders	12 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 10:30 Commodities 1:00 Cribbage 7:00 City Council	13 10:00 Aerobics 11:30 Potluckers 1:00 Social Bingo
16 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle	17 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 1:00 Cribbage 1:00 Painting Class 5:30 Planning Commission	18 10:00 Aerobics 10:00 Blood Pressure 11:30 Center Luncheon 12:00 Longterm Care Planning 1:00 Great Pretenders	19 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 10:00 Tracy Mine 1:00 Cribbage	20 10:00 Aerobics 11:00 Soup Luncheon 1:00 Social Bingo
23 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle 1:00 Parkinsons Support Group	24 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 1:00 Cribbage 1:00 Painting Class FootCare— By Appointment	25 10:00 Aerobics 11:30 Center Luncheon 12:00 Pain & Arthritis Presentation 1:00 Great Pretenders	26 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 1:00 Cribbage	27 10:00 Aerobics 11:00 Soup Luncheon 1:00 Social Bingo Cribbage Tournament sign-up deadline
30 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle	31 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 12:30 Cribbage Tournament 1:00 Painting Class	Wednesday Lunch Menu Oct. 4: Swedish Meatballs Oct. 11: Meatloaf Oct. 18: Chicken Pot Pie Oct. 25: Roast Beef Dinner	Souper Friday Menu Oct. 6: Veggie. Noodle, Tortilla Meatball, Chicken & Rice, Oct. 20: Turkey Noodle, Creamy Chicken & Veggie, Minestrone Oct. 27: Chicken Noodle, Beef Stew, Tomato Basil	Rummage Sale  Saturday, October 14 10 a.m. to 2 p.m.