




Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle 1:00 Flu Shot Clinic 2:00 Beginners Tai Chi</p>	<p>2 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 11:00 Intergenerational Chess 1:00 Cribbage</p>	<p>3 10:00 Aerobics 10:00 Blood Pressure 10:00 Class of '52 11:30 Center Luncheon</p>	<p>4 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 1:00 Cribbage 1:00 NCOA Meeting</p>	<p>5 10:00 Aerobics 11:00 Sandwich Social 1:00 Social Bingo</p> <p><i>Sandwich of the Day: Italian Meatball</i></p>
<p>8 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle</p>	<p>9 10:00 Wii Bowling 10:00 Class of '51 1:00 Cribbage</p> <p>FootCare— By Appointment</p>	<p>10 10:00 Aerobics 11:30 Center Luncheon 12:00 Sleep & Essential Oils Presentation</p>	<p>11 9:00 Center Breakfast 10:30 Commodities 1:00 Cribbage 7:00 City Council</p>	<p>12 10:00 Aerobics 11:00 Soup Luncheon 1:00 Social Bingo</p> <p><i>Soups: Chinese Pork & Turkey Noodle Sandwich: Egg Salad</i></p>
<p>15 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle</p>	<p>16 10:00 Wii Bowling 1:00 Cribbage 5:30 Planning Commission</p>	<p>17 10:00 Aerobics 10:00 Blood Pressure 11:30 Center Luncheon 1:00 Great Pretenders</p>	<p>18 9:00 Center Breakfast 10:00 Tracy Mine 10:30 Class of '59 1:00 Cribbage</p>	<p>19 10:00 Aerobics 11:00 Soup Luncheon 1:00 Social Bingo</p> <p><i>Soups: Cheesy Broccoli, Ham & Bean Sandwich: Bologna & Pickle</i></p>
<p>22 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle 1:00 Parkinsons Support Group 2:00 Beginners Tai Chi</p>	<p>23 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 1:00 Cribbage</p> <p>FootCare— By Appointment</p>	<p>24 10:00 Aerobics 11:30 Center Luncheon 12:00 Medicare Open Enrollment Presentation 1:00 Great Pretenders</p>	<p>25 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 1:00 Cribbage</p>	<p>26 10:00 Aerobics 11:00 Soup Luncheon 1:00 Social Bingo</p> <p><i>Soups: Tomato Basil & Chicken Noodle Sandwich: Grilled Cheese</i></p>
<p>29 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle 2:00 Beginners Tai Chi</p>	<p>30 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 12:30 Cribbage Tournament</p>	<p>31 10:00 Aerobics 11:30 Center Luncheon 12:00 Halloween Party 1:00 Great Pretenders</p>	<p>Wednesday Lunch Menu Oct. 3: Turkey Dinner Oct. 10: Lasagna Oct. 17: Swedish Meatballs Oct. 24: Pork Roast Dinner Oct. 31: Roast Beef Dinner</p>	<p>Rummage Sale</p>  <p>Saturday, October 27 10 a.m. to 2 p.m.</p>