<table>
<thead>
<tr>
<th>Date</th>
<th>Activity Details</th>
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</table>
| Mon. 3     | 10:30-11:30 Brain & Balance  
              10:45-11:45 YOGA  
              11:30-12:15 Lunch  
              12:30-3:00 Mah Jongg  
              1:00-3:30 Bingo  
              Bingo  |
| Tues. 4    | 8:00-9:00 Aerobics  
              10:00-2:00PM FLU CLINIC  
              9:00-10:00 Strength & Balance  
              11:30-12:15 Lunch  
              2:00 Movie Matinee at the Library  
              3:00-4:00 Strength & Balance  |
| Wed. 5     | 9:00-10:00 Beginner Line Dancing  
              10:45-11:45 YOGA  
              11:30-12:15 Lunch  
              1:00-3:30 Canasta  |
| Thurs. 6   | 8:30 AM NH Foliage Bus Trip  
              9:00-11:00 VNA Nurse Visit Walk In's  
              11:00-2:30 Duplicate Bridge  
              1:00-3:30 Quilting & Knitting  
              3:00-4:00 Strength & Balance  |
| Fri. 7     | 9:00-10:00 Strength/Balance  
              9:00-11:00 Exercise Rm (By Appt)  |
| Mon. 10    | CENTER CLOSED  
              Columbus Day  
              National Indigenous Peoples’ Day  |
| Tues. 11   | 8:00-9:00 Aerobics  
              9:00-10:00 Strength & Balance  
              11:30-12:15 Lunch  
              2:00 Movie Matinee at the Library  
              3:00-4:00 Strength & Balance  |
| Wed. 12    | 9:00-10:00 Beginner Line Dancing  
              11:00-12:00PM Mary Ann Nay Sen.  
              Tarr Representative Visit  
              10:45-11:45 YOGA  
              1:00-3:30 Canasta  |
| Thurs. 13  | 11:00-2:30 Duplicate Bridge  
              11:30-12:15 Special “Trio” Lunch  
              1:00-3:30 Quilting & Knitting  
              3:00-4:00 Strength & Balance  |
| Fri. 14    | 9:00-10:00 Strength/Balance  
              9:00-11:00 Exercise Rm (By Appt)  |
| Mon. 17    | 10:30-11:30 Brain & Balance  
              10:45-11:45 YOGA  
              11:30-12:15 Lunch  
              12:30-3:00 Mah Jongg  
              1:00-3:30 Bingo  |
| Tues. 18   | 8:00-9:00 Aerobics  
              9:00-10:00 Strength & Balance  
              10:15-11:15AM SKIMMING DEVICES TALK  
              11:30-12:15 Lunch  
              2:00 Movie Matinee at the Library  
              3:00-4:00 Strength & Balance  |
| Wed. 19    | 9:00-10:00 Beginner Line Dancing  
              10:45-11:45 YOGA  
              1:00-3:30 Canasta  |
| Thurs. 20  | 11:00-2:30 Duplicate Bridge  
              11:30-12:15 Oktoberfest Lunch  
              1:00-3:30 Quilting & Knitting  
              3:00-4:00 Strength & Balance  |
| Fri. 21    | 9:00-10:00 Strength/Balance  
              9:00-11:00 Exercise Rm (By Appt)  |
| Mon. 24/ Mon 31 | 10:30-11:30 Brain & Balance  
                     10:45-11:45 YOGA  
                     11:30-12:15 Lunch  
                     12:30-3:00 Mah Jongg  
                     1:00-3:30 Bingo  |
| Tues. 25   | 8:00-9:00 Aerobics  
              9:00-10:00 Strength & Balance  
              11:30-12:15 Lunch  
              2:00 Movie Matinee at the Library  
              3:00-4:00 Strength & Balance  |
| Wed. 26    | 9:00-10:00 Beginner Line Dancing  
              10:45-11:45 YOGA  
              11:30-12:15 Special “Root” Lunch  
              1:00-3:30 Canasta  |
| Thurs. 27  | 11:00-2:30 Duplicate Bridge  
              11:30-12:15 Lunch  
              1:00-3:30 Quilting & Knitting  
              3:00-4:00 Strength & Balance  |
| Fri. 28    | 9:00-10:00 Strength/Balance  
              9:00-11:00 Exercise Rm (By Appt)  |