



OCTOBER 2018



Mon	Tue	Wed	Thu	Fri
<p>1 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Reminiscing W/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Music therapy w/John A.</p>	<p>2 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Keyboard w/Ted Y.</p>	<p>3 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 12 Strings w/Lee</p>	<p>4 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Sing Along</p>	<p>5 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Favorites w/Shannon</p>
<p>8 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Reminiscing W/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Guitar w/David A.</p>	<p>9 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 B.I.N.G.O</p>	<p>10 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Music therapy w/John A</p>	<p>11 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Wizard of Oz w/Naomi</p>	<p>12 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Guitar with David H.</p>
<p>15 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Reminiscing W/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Saxophone w/Bill B.</p>	<p>16 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Groovin w/Gregg (October Fest)</p>	<p>17 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Saxophone w/Bill B.</p>	<p>18 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Piano w/RoseMarie</p>	<p>19 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Comedy Hour</p>
<p>22 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Reminiscing W/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Music Fun</p>	<p>23 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Favorites w/Shannon</p>	<p>24 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 B.I.N.G.O.</p>	<p>25 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Guitar w/David A.</p>	<p>26 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Sing Along w/Kathy S.</p>
<p>29 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Reminiscing W/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Piano w/RoseMarie</p>	<p>30 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Rockin w/Jon P.</p>	<p>31 <u>Coffee Social/Fine Motor</u> 10:45 Balance Program 11:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Harvest Party</p> 	 <p>*All activities subject to change</p>	<p>“The USDA prohibits discrimination in all it’s programs and activities on the basis of race, color, national origins, gender, age or Disabilities”</p>