

ACTIVITY CALENDAR *October 2018*

MON	TUES	WED	THURS	FRI
<p>1</p> <p>8:45 Keeping Fit 9:00 Foot Care 9:00 Coffee Hour 10:00 Bus to Hilldale Mall Madison 1:00 Hand and Foot 1:00-2:30 Great Courses: Experiencing America # 4-6 1:00-3:00 Stepping On Class</p>	<p>2</p> <p>9:00 Foot Reflexology 9:00 Coffee Hour 9:00 Core Strength 9:30 Hometown Helpers 10:00 Caregivers Support Group and Club 108 10:00 Mah-Jongg 1:00 Euchre 1:00/6:00 Stamping Group 5:00 Weight Watchers</p>	<p>3</p> <p>9:00 Coffee Hour 9:00 Arthritis Exercise Class 9:30-2 Wellness Nurse 9:30 Knitting Group 10:00 Club 108 10:00 Functional MELT 11:00 MELT 12:30 Bridge 12:45 Mexican Train</p>	<p>4</p> <p>9:00- NOON Vendor Fair and Flu Shot Clinic No Keeping Fit No Coffee Hour 10:00 OTS: West Towne No Bingo 1:30 "500" 2:00 Core Strength 4:00 Line Dancing 6:00 Game Night</p>	<p>5</p> <p>8:00-11:00 Car Fit: Hometown Auto 8:45 Yoga 9:00 Coffee Hour 10:00 Tai Chi II 10:30-11:15 Rendevers: Virtual Reality Tours 11:15 Tai Chi I 1:00 Movie: <u>Sully</u></p>
<p>8</p> <p>8:45 Keeping Fit 9:00 Foot Care 9:00 Coffee Hour 10:00 Bus to Shopko West 1:00 Hand and Foot 1:00-3:00 Last Stepping On Class 1:00-2:30 Great Courses : Experiencing America # 7-9</p>	<p>9</p> <p>9:00 Chair Massage 9:00 Coffee Hour 9:00 Core Strength 10:00 Mah-Jongg 10:00 Man-Talk 10:15 Card Making 1:00 Euchre 5:00 Weight Watchers</p>	<p>10</p> <p>9:00 Coffee Hour 9:00 Arthritis Exercise Class 9:30-2 Wellness Nurse 9:30 Knitting Group 10:00 Club 108 10:00 Functional MELT 11:00 MELT 12:30 Bridge 12:30 Book Club 12:45 Mexican Train 4:30/5:00 Tech time with Tim</p>	<p>11</p> <p>8:45 Keeping Fit 9:00 Foot Reflexology 9:00 Coffee Hour 9:00 Hike w/ Al Swain 10:30 Healthy Lifestyles 12:30 Bingo 1:30 "500" 2:00 Core Strength 3:00 Vets Group 4:00 Line Dancing 6:00 Game Night</p>	<p>12</p> <p>7:30 Warrens Trip 8:45 Yoga 9:00 Coffee Hour 10:00 Tai Chi II 10:00 UW Pharmacy Cough/Cold Presentation 11:30 Homecoming lunch w/ the Verona Football Team: RSVP by noon 10/8 11:15 Tai Chi I 1:00 Movie: <u>Gifted</u></p>
<p>15</p> <p>9:00 Foot Reflexology 8:45 Keeping Fit 9:00 Coffee Hour 10:00 Bus to Green Way Station 10:00 Changes In Aging Group 1:00 Hand and Foot 1:00-2:30 Great Courses : Experiencing America # 10-12</p>	<p>16</p> <p>9:00 Chair Massage 9:00 Coffee Hour 9:00 Core Strength 10:00 Caregivers Support Group & Club 108 10:00 OTS: Hy-Vee/Aldi 10:00 Mah-Jongg 1:00 Euchre 5:00 Weight Watchers</p>	<p>17</p> <p>9:00 Coffee Hour 9:00 Arthritis Exercise Class 9:00 Pick up for Casino 9:30-2 Wellness Nurse 9:30 Knitting Group 10:00 Club 108 10:00 Functional MELT 11:00 MELT 12:30 Bridge 12:45 Mexican Train 1:30 MATC Watercolor 4:30/5:00 Tech time with Tim</p>	<p>18</p> <p>8:45 Keeping Fit 9:00 Foot Reflexology 9:00 Coffee Hour 10:00 OTS: Walmart West 10:00 Parkinson's Group 12:30 Bingo 1:30 "500" 2:00 Core Strength 4:00 Line Dancing 6:00 Game Night</p>	<p>19</p> <p>8:45 Yoga 9:00 Coffee Hour 10:00 Computers w/ Rich 10:00 Tai Chi II 11:15 Tai Chi I 11:30 Birthday/ Anniversary Lunch - RSVP by noon 10/15 12:30 Four Seasons Theatre</p>
<p>22</p> <p>8:45 Keeping Fit 9:00 Coffee Hour 9:00-1:00 AARP Safe Driving Class 10:00 Bus to Agrace Hospice Thrift Store 1:00 Hand and Foot 1:00-2:30 Great Courses: Experiencing America #13-15 1:00-3:00 Paint with Carol Ann</p>	<p>23</p> <p>9:00 Chair Massage 9:00 Coffee Hour 9:00 Core Strength 10:00 Man-Talk 10:00 Mah-Jongg 1:00 Euchre 5:00 Weight Watchers</p>	<p>24</p> <p>9:00 Coffee Hour 9:00 Arthritis Exercise Class 9:30-2 Wellness Nurse 9:30 Knitting Group 10:00 Club 108 10:00 Functional MELT 11:00 MELT 12:30 Gov. Schreiber Presentation: My Two Elaines 12:30 No Bridge 12:45 No Mexican Train 1:30 MATC Watercolor</p>	<p>25</p> <p>8:45 Keeping Fit 9:00 Coffee Hour 10:00 Choir Practice 12:30 Bingo 1:30 "500" 2:00 Core Strength 4:00 Line Dancing 6:00 Game Night</p>	<p>26</p> <p>8:45 Yoga 9:00 Coffee Hour 10:00 No Tai Chi II 10:30-11:15 Rendevers: Virtual Reality Tours 11:15 No Tai Chi I 1:00 Movie: <u>Red Dog</u></p>
<p>29</p> <p>8:45 Keeping Fit 9:00 Coffee Hour 10:00 Bus to Stein Mart 1:00 Hand and Foot No Great Courses 12:30- Halloween Party 2:00 Halloween Movie: Ghost Busters</p>	<p>30</p> <p>9:00 Chair Massage 9:00 Coffee Hour 9:00 Core Strength 10:00 Mah-Jongg 1:00 Euchre 5:00 Weight Watchers</p>	<p>31</p> <p>9:00 Coffee Hour 9:00 Arthritis Exercise Class 9:30-2 Wellness Nurse 9:30 Knitting Group 10:00 Club 108 10:00 Functional MELT 11:00 MELT 12:30 Bridge 12:45 Mexican Train 1:30 MATC Watercolor</p>		