

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 (10:30am) Tech Help (1pm) Current Discussion (1pm) Family Caregiver Support Program	2	3 (10am) Alzheimer's Support Group (10am) Brain Injury Support Group
4 (9:00am) Foot Care \$ (NEW) (10:30am) Trivia Time (11:45am) Speaker Series: Suzan DelBene & Rick Larson, Candidates for US Representative (1:30pm) Bingo \$	5 (10:30am) Day Trip \$ Lunch at Cabbage Patch Restaurant- 2 Shoes	6 (10:30pm) Otago Pre-Assessment	7 (1:30pm) New Member Orientation	8 (10am) Clothing Closet Cancelled	9 (10am) Alzheimer's Support Group (10am) Craft Group	10 (10am) Alzheimer's Support Group (10am) Craft Group
11 (11:45am) Speaker Series: June Robinson, Candidate for State Senator (12:15pm) Good Life, Good Death Cafe - Dealing with Common Diseases End of Life	12 (9am) Chaplain Skip Gipson	13 (10am) SHIBA	14 (10:30am) Tech Help (1pm) Book Club (1pm) Current Discussion	15 (8:30am) Yin Yoga* (NEW) (9am) Counseling Access	16	17 (8:30am) Yin Yoga* (NEW) (9am) Counseling Access
18 (10:30am) Trivia Time (11:45am) Speaker Series: Julio Cortes, Candidate for State Representative (Pos 1) (12:30pm) Lifelong Learning: Mindfulness (1pm) Bingo \$	19	20 (12pm) Reiki Massage \$ (11:45am) Monthly Birthday Celebration (1pm) Genealogy Club	21	22	23	24 (8:30am) Yin Yoga* (10am) Together in Grief (10am) Craft Group
25 (11:30am) Project Linus (11:45am) Speaker Series: Thomas (Jeff) Kelly, Candidate for State Representative (Pos 1)	26 (9am) Chaplain Skip Gipson (12:30pm) Memory Cafe (NEW Day) (1:30pm) Cooking Class: \$ Salmon Chowder	27 (10am) SHIBA	28	29 <u>Spirit Day: Halloween Theme</u> (9:30am) Day Trip \$ Thrift Shop Shopping- 3 Shoes	30	31 (8:30am) Yin Yoga* * All Access Membership \$ Cost Associated

SUN	MON	TUES	WED	THURS	FRI	SAT
	(8:30am) Billiards*	(8:30am) Billiards*	(8:30am) Billiards*	(8:30am) Billiards*	(8:30am) Billiards*	(8:30am) Billiards*
	(8:30am) Chair Yoga*	(8:30am) Barre Class*	(8:30am) Chair Yoga*	(8:30am) Barre Class*	(8:30am) Mat & Chair Yoga*	(9am) Table Tennis*
	(9am) Table Tennis*	(9:30am) Hand & Foot	(9am) Table Tennis*	(9:30am) Hand & Foot	(9:30am) Beginner Line Dancing \$	(10am) Clogging Advanced Beginner to Intermediate
	(9:30am) Clogging Beginner	(9:30am) Cribbage	(10:00am) Clothing Closet	(9:30am) Forever Fit*	(9:30am) Talk Time	(11am) Clogging Beginner
	(10:15am) Clogging Advanced Beginner	(9:30am) Forever Fit*	(10:30am) Sign & Connect (NEW)	(9:30am) Old Friends Club		
	(10:45am) Clogging Easy Intermediate	(9:30am) Old Friends Club	(10:30am) Duplicate Bridge	(10:30am) Functional Fitness*	(10:00am) Clothing Closet	
	(9:30am) Digital Confidence 101	(10am) Black Elders	(11:30am) Lunch	(10:30am) Knit & Crochet	(10:30am) Otago (NEW) (Oct 12-Dec 18)	
	(10:30am) Otago (NEW) (Oct 12-Dec 18)	(10am) Carls Cafe	(1:00pm) Journaling	(11:30am) Lunch	(11:30am) Lunch	
	(11:30am) Lunch	(10am) Meaningful Day		(12pm) Party Bridge		
		(10:30am) Functional Fitness*		(1pm) Hula Dancing		
		(10:30am) Knit & Crochet		(1pm) Woodcarving		
		(11am) Al-Anon		(2:15pm) Gentle Karate		
		(11:30am) Lunch				
		(12pm) Ceramics				
		(12pm) Friendship Circle				
	(1pm) AA					
	(2pm) Memoire Class					
	(2:15pm) Gentle Karate					
						* All Access Membership \$ Cost Associated