



A non-profit 501c3 providing support, information, education, training and referral for Seniors and their Caregivers.

OCTOBER 2024

All activities are open to seniors 55 & up

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Chair Yoga - 9:30 am Group X - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm	1 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 SRC String Jam 11:00	2 Balance & Bones 11:00 am	3 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	4 Walking Club 10:00 am	5
6	7 Chair Yoga - 9:30 am Group X - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm L & L - Noon	8 Chair Yoga 9:30 am Qigong/Tai Chi 10:30	9 Balance & Bones 9:15 am Balance & Bones 11:00 am	10 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	11 Walking Club 10:00 am	12
13	14 Chair Yoga - 9:30 am Group X - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm M & L 12:00 Noon	15 Chair Yoga - 9:30 am Qigong/Tai Chi 10:30 SRC String Jam 11:00	16 Balance & Bones 9:15 am Balance & Bones 11:00 am	17 Pilates 9:30 am Monthly Program 10:45 Line Dancing 1:00 pm Stretch Bands 2:00 pm	18 Walking Club 10:00 am	19
20	21 Chair Yoga - 9:30 am NO GROUP X Piano Level 1 - 11 am Piano Level 2 - 1 pm	22 Chair Yoga 9:30 am Qigong/Tai Chi 10:30	23 Balance & Bones 9:15 am Balance & Bones 11:00 am Quilting 12:15 pm	24 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	25 Walking Club 10:00 am	26
27	28 Chair Yoga - 9:30 am Group X - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm	29 Chair Yoga 9:30 am Qigong/Tai Chi 10:30	30 Balance & Bones 9:15 am Balance & Bones 11:00 am Quilting 12:15 pm	31 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	1 Walking Club 10:00 am	2