

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<h1>OCTOBER 2021</h1>	<h2>LUNCH SERVED EVERYDAY AT 11:45 AM</h2>		10/1 10:00 Stay Well Exercise-In Person 1:00 New Current Events Up Date In-Person 1:00 Men's Group-Virtual
10/4 10:00 Stay Well Exercise-Virtual 1:00 Men's Group-Virtual 1:00 Knitting Class-In Person	10/5 10:00 Stay Well Exercise-Virtual 10:00 Tai Chi-In Person 1:00 Meditation-Mindfulness Workshop-In Person	10/6 10:00 Stay Well Exercise-Virtual 1:00 Bliss Fit-In Person & Virtual 1:00 Short Stories-In Person	10/7 10:00 Stay Well Exercise-Virtual 10:15 Functional Movement-In Person 11:15 Walking Club 1:00 Chair Yoga-In Person & Virtual 2:30 History talk & Slides- Virtual	10/8 10:00 Stay Well Exercise-In Person 10:30 Piano Concert-In Person 1:00 Men's Group-Virtual 1:00 New Current Events Up Date In-Person 1:00 Exercise Class Virtual
10/11 10:00 Stay Well Exercise-Virtual 1:00 Men's Group-Virtual 1:00 Knitting Class-In Person	10/12 10:00 Stay Well Exercise-Virtual 10:00 Tai Chi-In Person 1:30 Travel Lecture & Photos-Virtual	10/13 10:00 Stay Well Exercise-Virtual 1:00 Bliss Fit-In Person & Virtual 1:00 Emergency Preparedness Presentation-In Person	10/14 10:00 Stay Well Exercise-Virtual 10:15 Functional Movement-In Person 11:15 Walking Club 1:00 Chair Yoga-In Person & Virtual	10/15 10:00 Stay Well Exercise-In Person 10:30 Concert-In Person 1:00 Men's Group-Virtual 1:00 New Current Events Up Date In-Person
10/18 10:00 Stay Well Exercise-Virtual 1:00 Men's Group-Virtual 1:00 Knitting Class-In Person 1:00 Bingo-In Person	10/19 10:00 Stay Well Exercise-Virtual 10:00 Tai Chi-In Person 11:45 Celebrating Our October Member's Birthdays 1:00 Musical Entertainment In Person 	10/20 10:00 Stay Well Exercise-Virtual 11:00 Nutrition Talk-Virtual 1:00 Bliss Fit-In Person & Virtual	10/21 10:00 Stay Well Exercise-Virtual 10:15 Functional Movement-In Person 11:15 Walking Club 1:00 Chair Yoga-In Person & Virtual	10/22 10:00 Stay Well Exercise-In Person 10:30 Piano Concert-In person 1:00 Men's Group-Virtual 1:00 New Current Events Up Date In-Person
10/25 10:00 Stay Well Exercise-Virtual 1:00 Men's Group-Virtual 1:00 Knitting Class-In Person 1:00 Bingo-In Person	10/26 10:00 Stay Well Exercise-Virtual 10:00 Tai Chi-In Person 1:00 Health Talk-In Person	10/27 10:00 Stay Well Exercise-Virtual 1:00 Short Stories-In Person 1:00 Bliss Fit-In Person & Virtual 2:30 History Lecture & Slides-Virtual	10/28 10:00 Stay Well Exercise-Virtual 10:15 Functional Movement-InPerson 11:15 Walking Club 1:00 Chair Yoga-In Person & Virtual 1:00 Book Club-Virtual	10/29 10:00 Stay Well Exercise-In Person 10:30 Concert-In Person 1:00 Men's Group-Virtual 1:00 New Current Events Up Date In-Person