

OCTOBER 2024

calendar of events

M

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W

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F



1
10 - Sit and Fit
11- Drop In Tech Help
12:30- Bridge
1- Pinochle
1- Line Dancing
2- Knit & Crochet Circle
3:30- Chair Yoga

2
9 - Tai Chi
10 - BP Clinic
10:30 - TOPS Mtg.
10:30 - Zumba Gold
11 - Produce Bingo
12:30 - Bingo On The Road
in Bear Lake, MI
1 - Cardio Drumming

10 - Cribbage
10 - Sit and Fit
10:30 - Sign Language
11 - Grief Support Group
1 - Cardio Drumming
1 - Chess
2 - Depression Support Group

4
9 - Tai Chi
9 - Self Parenting
10 - Balancing & Stretching
1 - Cardio Drumming
1 - Euchre

7
9 - Tai Chi
10 - Dominoes
10:15 - You gotta have Art
11 - Fire Dept. Talk
FIRE PREVENTION WEEK
1 - Balance/Stretching
1 - Pinochle
1 - Maj Jongg
2 - Board Games

8
9:30 - Foot Clinic
10 - Sit and Fit
11 - Drop In Tech Help
11 - Musicw/PlayingitForward
12:30 - Bridge
1 - Pinochle
1 - Line Dancing
2 - Knit & Crochet Circle
3:30 - Chair Yoga

9
9 - Tai Chi
10 - BP Clinic
10:30 - TOPS Mtg.
10:30 - Zumba Gold
11 - Bingo
1 - Cardio Drumming

10
10 - Cribbage
10:30 Color Tour & Pie
10 - Sit and Fit
10:30 - Sign Language
1 - Cardio Drumming
1 - Chess

11

National M&M Day
Attorney by Appt.
9 - Tai Chi
9 - Self Parenting
10 - Balancing & Stretching
1 - Cardio Drumming
1 - Euchre

14
9 - Tai Chi
10 - Reflexology
10 - Dominoes
10:15 - You gotta have Art
12 - Chair Massage
1 - Balancing/Stretching
1 - Mah Jongg
1 - Pinochle
2 - Board Games

15
9:30 - Foot Clinic
10 - Sit and Fit
11 - Drop In Tech Help
11 - Music w/ Ricky Lee
12:30 - Bridge
1 - Pinochle
1 - Line Dancing
2 - Knit & Crochet Circle
3:30 - Chair Yoga

16
9 - Tai Chi
10 - BP Clinic
10:30 - TOPS Mtg.
10:30 - Zumba Gold
11 - Birthday Celebration
1 - Cardio Drumming

17
10 - Cribbage
10 - Sit and Fit
10:30 - Sign Language
11 - Coffee & Donuts w/
Local First Responders
11 - Parkinson's Support Group
1 - Cardio Drumming
1 - Chess

18
9 - Tai Chi
9 - Food Bank
9 - Self Parenting
10 - Balancing/Stretching
1 - Cardio Drumming
1 - Euchre
2 - Munson Healthcare Hospital
w/ Kelly

Reminder: POTLUCK Sunday!

21
9 - Tai Chi
10 - Dominoes
10:15 - You gotta have Art
1 - Balancing/Stretching
1 - Mah Jongg
1 - Pinochle
2 - Board Games

22
9:30 - Cards & Coffee
10 - Sit and Fit
11 - NO Tech Help
12:30 - Bridge
1 - Popcorn and a Movie
1 - Pinochle
1 - Line Dancing
2 - Knit & Crochet Circle
3:30 - Chair Yoga

23
9 - Tai Chi
10 - BP CLINIC
10:30 - TOPS mtg
10:30- Zumba® Gold
11 - Bingo
1 - Art Rocks!!
1 - Munson Home
Health Talk
1 - Cardio Drumming

24
10 - Cribbage
10 - Sit & Get Fit
10:30 - Sign language
1 - Smart Food Choices to
prevent Diabetes
1 - Cardio Drumming
1 - Chess
3 - Dementia Support
Group

25
9 - Tai Chi
9 - Self Parenting
10 - Veterans Outreach
10 - Balancing/Stretch'
1 - Cardio Drumming
1 - Euchre

28
9 - Tai Chi
10 - Dominoes
10 - Reflexology
10:15 - You gotta have Art
10:30 - Versiti Blood Drive
1 - Utah Trip Info Meeting
1 - Chair Massage
1 - Balancing/Stretching
1 - Mah Jongg
1 - Pinochle
2 - Board Games

29
10 - Sit and Fit
11 - Drop In Tech Help
12:30 - Bridge
1 - Pinochle
1 - Line Dancing
2 - Knit & Crochet Circle
3:30 - Chair Yoga

30
9 - Tai Chi
10 - BP CLINIC
10:30 - TOPS mtg
10:30- Zumba® Gold
11 - Bingo
1 - Cardio Drumming

31
HALLOWEEN
PARTY
With **ELVIS**
Call the senior center at 231-723-6477
to reserve your spot today.
NO MEALS SERVED
at the senior center.

