

### October - Ongoing Weekly Activities

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00a	Balance Exercise Pilates Class	Tai Chi Beg	Balance Exercise Bridge Class (Diamond) Mah Jongg Class WOW Watercolor	Pilates Class	Balance Exercise
9:30a	Watercolor	Cribbage		Watercolor	
10:00a	Knit & Crochet	Fiber Arts SHIBA Tai Chi Adv		Pan	Basic Meditation
10:30a				Tap Dance	
11:00a	Seniorcise		Seniorcise	Stretch Yoga	Seniorcise Singing Bowls
12:00p			Beg Tap Dance	Bingo	
12:30p	Chair Yoga		Tap Dance		
1:00p	Computer Clinic Fun Poker Ukulele		Bridge Language-Italian Mah Jongg	Beg Watercolor Scrabble Stretch Yoga	Fiber Arts Fun Poker Ping Pong Stitchery
1:30p		Ping Pong			
2:00p	Yoga				
2:30p			Language-Spanish		Sing-a-long
5:00p			Dancing		