



# FREE ACTIVE ADULT/SENIOR ACTIVITY CALENDAR

## OCTOBER 2024

### ARE YOU ELIGIBLE AND RECEIVE MEDICAID?

If so, check out our FUNding Positive Recreation Program. You could receive assistance towards your membership or programs. Pick up an application on our website or at The Center's front desk.

SUN	MON	TUE	WED	THU	FRI	SAT
<p>ALL ACTIVITIES ARE <b>FREE</b> (UNLESS OTHERWISE NOTED)</p> <p>THANKS TO &gt;&gt;</p> <p>*Sponsored in part by <b>Hammond-Henry Hospital</b></p> <p>**Sponsored by <b>Classic Club</b></p>			<p><b>2</b> 8:30- 9:30 am WATER FITNESS CLASS <i>Fit Happens A.M.</i> 9:30- 10:30 am SENIOR WALKING CLUB</p>	<p><b>3</b> 8:00- 9:00 am COFFEE &amp; SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00- 2:30 pm BINGO</p>	<p><b>4</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i></p>	<b>5</b>
<b>6</b>	<p><b>7</b> 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE</p>	<b>8</b>	<p><b>9</b> 8:30- 9:30 am WATER FITNESS CLASS <i>Fit Happens A.M.</i> 9:30- 10:30 am SENIOR WALKING CLUB 1:00 pm MOVIE <i>Breakfast at Tiffany's</i> <i>1 small drink &amp; popcorn/person**</i></p>	<p><b>10</b> 8:00- 9:00 am COFFEE &amp; SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> Noon- 1:00 pm SEMINAR &amp; LUNCHEON <i>Neurological Services</i> 1:00 pm CARDS WITH FRIENDS <i>Hand &amp; Foot</i></p>	<p><b>11</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i></p>	<b>12</b>
<p><b>13</b> 4:00- 6:30 pm DANCE</p>	<p><b>14</b> 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE</p>	<b>15</b>	<p><b>16</b> 8:30- 9:30 am WATER FITNESS CLASS <i>Fit Happens A.M.</i> 9:30- 10:30 am SENIOR WALKING CLUB</p>	<p><b>17</b> 8:00- 9:00 am COFFEE &amp; SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00- 2:30 pm BINGO</p>	<p><b>18</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i></p>	<b>19</b>
<b>20</b>	<p><b>21</b> 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE</p>	<b>22</b>	<p><b>23</b> 8:30- 9:30 am WATER FITNESS CLASS <i>Fit Happens A.M.</i> 9:30- 10:30 am SENIOR WALKING CLUB</p>	<p><b>24</b> 8:00- 9:00 am COFFEE &amp; SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00 pm CARDS WITH FRIENDS <i>Hand &amp; Foot</i></p>	<p><b>25</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i></p>	<b>26</b>
<b>27</b>	<p><b>28</b> 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE</p>	<b>29</b>	<p><b>30</b> 8:30- 9:30 am WATER FITNESS CLASS <i>Fit Happens A.M.</i> 9:30- 10:30 am SENIOR WALKING CLUB</p>	<p><b>31</b> 8:00- 9:00 am COFFEE &amp; SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i></p>		

