

# October 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Trick or Treat!</b></p> <p>Calling all ghosts &amp; goblins, witches &amp; warlocks! Be prepared for a howlin' good time at our annual Halloween Lunch on Wednesday, October 29th. Wear a costume if you would like, there will be a prize for the best costume chosen by the lunch guests. Other prizes will also be given away!</p>		<p>1</p> <p>11:30am-12:30pm Mealsite Lunch</p> <p>10-11am &amp; 12:30-3:00pm The Beady Bunch &amp; Acrylic Painting</p> <p>12:30-3:00pm Pinochle</p> <p>1:30-2:30pm Refresh Fitness</p>	<p>2</p> <p>9:00-10:45am Linedancing Canceled</p> <p><b>Foot Care ~ by Appt.</b></p> <p>11:30am-12:30pm Meal-site Lunch</p> <p>1:15-2:15pm Yoga</p> <p>2:30-3:30 SAIL Exercise</p> <p><i>Food Bank Delivery</i></p>	<p>3</p> <p>Neighborhood Watch Meeting 7pm-9pm</p>
<p>6</p> <p>10-11am Refresh Fitness</p> <p>11am-1pm Medicare Clinic</p> <p>10am-12pm Sewing Circle</p> <p>11:30am-12:30pm Moving to Music</p> <p><i>Food Bank Delivery (3:30pm)</i></p>	<p>7</p> <p>9:00-10:45am Linedancing</p> <p>9:00am-11:00am Self-Led Art Group</p> <p>11:30am-12:30pm <i>Mealsite Brunch</i></p> <p>1:15-2:15pm Yoga</p> <p>2:30-3:30 SAIL Exercise</p> <p><i>Food Bank Delivery</i></p>	<p>8</p> <p>10-11am FREE Old Time Fiddler's Concert</p> <p>11:30am-12:30pm Mealsite Lunch</p> <p>10-11am &amp; 12:30-3:00pm The Beady Bunch &amp; Acrylic Painting</p> <p>12:30-3:00pm Pinochle</p> <p>1:30-2:30pm Refresh Fitness</p>	<p>9</p> <p>9:00-10:45am Linedancing</p> <p>11:30am-12:30pm Meal-site Lunch</p> <p>1:15-2:15pm Yoga</p> <p>2:30-3:30 SAIL Exercise</p> <p><i>Food Bank Delivery</i></p>	<p>10</p>
<p>13</p> <p>10-11am Refresh Fitness</p> <p>10am-12pm Sewing Circle</p> <p>11:30am-12:30pm Moving to Music</p> <p><i>Food Bank Delivery (3:30pm)</i></p>	<p>14</p> <p>9:00-10:45am Linedancing</p> <p>9:00am-11:00am Self-Led Art Group</p> <p>11:30am-12:30pm <i>Mealsite Brunch</i></p> <p>1:15-2:15pm Yoga</p> <p>2:30-3:30 SAIL Exercise</p> <p><i>Food Bank Delivery</i></p>	<p>15</p> <p>11:30am-12:30pm Mealsite Lunch</p> <p>10-11am &amp; 12:30-3:00pm The Beady Bunch &amp; Acrylic Painting</p> <p>12:30-3:00pm Pinochle</p> <p>1:30-2:30pm Refresh Fitness</p>	<p>16</p> <p>9:00-10:45am Linedancing</p> <p>11:30am-12:30pm Meal-site Lunch</p> <p>1:15-2:15pm Yoga</p> <p>2:30-3:30 SAIL Exercise</p> <p><i>Food Bank Delivery</i></p>	<p>17</p> <p>Board Meeting Canceled</p> <p>"Cruisin' into Wellness..." 10am-3pm</p> <p>5:30-??? Potluck and Game Night</p>
<p>13</p> <p>10-11am Refresh Fitness</p> <p>10am-12pm Sewing Circle</p> <p>11:30am-12:30pm Moving to Music</p> <p><i>Food Bank Delivery (3:30pm)</i></p>	<p>21</p> <p>9:00-10:45am Linedancing</p> <p>9:00am-11:00am Self-Led Art Group</p> <p>11:30am-12:30pm <i>Mealsite Brunch</i></p> <p>1:15-2:15pm Yoga</p> <p>1pm-3pm FREE Bingo</p> <p>2:30-3:30 SAIL Exercise</p> <p><i>Food Bank Delivery</i></p>	<p>22</p> <p>11:30am-12:30pm Mealsite Lunch</p> <p>10-11am &amp; 12:30-3:00pm The Beady Bunch &amp; Acrylic Painting</p> <p>12:30-3:00pm Pinochle</p> <p>1:30-2:30pm Refresh Fitness</p>	<p>23</p> <p>9:00-10:45am Linedancing</p> <p>11:30am-12:30pm Meal-site Lunch</p> <p>1:15-2:15pm Yoga</p> <p>2:30-3:30 SAIL Exercise</p> <p><i>Food Bank Delivery</i></p>	<p>24</p>
<p>27 13</p> <p>10-11am Refresh Fitness</p> <p>10am-12pm Sewing Circle</p> <p>11:30am-12:30pm Moving to Music</p> <p><i>Food Bank Delivery (3:30pm)</i></p>	<p>28</p> <p>9:00-10:45am Linedancing</p> <p>9:00am-11:00am Self-Led Art Group</p> <p>11:30am-12:30pm <i>Mealsite Brunch</i></p> <p>1:15-2:15pm Yoga</p> <p>12:30pm-3pm Bingo &amp; Ice Cream Social</p> <p>2:30-3:30 SAIL Exercise</p> <p><i>Food Bank Delivery</i></p>	<p>29</p> <p>11:30am-12:30pm <b>Halloween Lunch</b></p> <p>10-11am &amp; 12:30-3:00pm The Beady Bunch &amp; Acrylic Painting</p> <p>12:30-3:00pm Pinochle</p> <p>1:30-2:30pm Refresh Fitness</p>	<p>30</p> <p>9:00-10:45am Linedancing</p> <p>11:30am-12:30pm Meal-site Lunch</p> <p>1:15-2:15pm Yoga</p> <p>2:30-3:30 SAIL Exercise</p> <p><i>Food Bank Delivery</i></p>	<p>31</p> <p><b>Happy Hallow- een!</b></p>

