

Monday	Tuesday	Wednesday	Thursday	Friday
9:15a AHOY (\$3) 3 11a Medicare Open Enrollment presentation with Bob Boyd, SHIIP (Virtual) 	11a Bingo 4 1p Zumba (\$3) 2p Cornhole/Card & Board Games	1p Cardio 5 Drumming (\$3) 	9a Better Balance (\$3) 6 9:45a Advanced Better Balance (\$3) 11a Recipe for Success 12:30p Tai Chi (\$3) 2p Jewelry	9:15a Chair Yoga (\$3) 7 11a Virtual Reality 11a "The Rose Code" book club 2p Film Screening & Discussion- "Homebodies"
9:15a AHOY (\$3) 10 3p Painting with Innovative Arts 	11a Bingo 11 1p Zumba (\$3) 2p Cornhole/Card & Board Games 	1p Cardio 12 Drumming (\$3) 	9a Better Balance (\$3) 13 9:45a Advanced Better Balance (\$3) 11a Recipe for Success 12:30p Tai Chi (\$3) 2p Jewelry	9:15a Chair Yoga (\$3) 14 11a Virtual Reality 11a "The Rose Code" book club 2p Film Screening & Discussion- "Masque of the Red Death"
9:15a AHOY (\$3) 17  • third full week of October •	11a Bingo 18 1p Zumba (\$3) 2p Cornhole/Card & Board Games	9a Caring Conversations with FirstLight Home Care (Virtual) 19 11a Gardening (Virtual) 1p Cardio Drumming (\$3)	9a Better Balance (\$3) 20 9:45a Advanced Better Balance (\$3) 11a Recipe for Success 12:30p Tai Chi (\$3) 2p Jewelry	9:15a Chair Yoga (\$3) 21 11a Virtual Reality 11a "The Rose Code" book club 2p Film Screening & Discussion- "The Abominable Dr. Phibes"
9:15a AHOY (\$3) 24 	11a Bingo 25 1p Zumba (\$3) 2p Cornhole/Card & Board Games 	10a Credit Voyage with Family Services of the Piedmont 26 11a Rock Tumbling & Identification 1p Cardio Drumming (\$3)	9a Better Balance (\$3) 27 9:45a Advanced Better Balance (\$3) 11a Recipe for Success 12:30p Tai Chi (\$3) 2p Jewelry	9:15a Chair Yoga (\$3) 28 11a Virtual Reality 11a "The Rose Code" book club 1:30p Pumpkin Palooza with HealthTeam Advantage 2p Film Screening & Discussion- "The Tingle"
9:15a AHOY (\$3) 31 1p Halloween Chocolate Crafting Class 				