

Monday

Tuesday

Wednesday

Thursday

Friday



The Evergreens Lifestyle Center is closed today.

5 **11a Bingo**
1p Zumba (\$3)
2p Cornhole/Card & Board Games

6 **1p Cardio Drumming (\$3)**

7 **9a Better Balance 8 (\$3)**
9:45a Advanced Better Balance (\$3)
11a Recipe for Success
12:30p Tai Chi (\$3)
2p Jewelry

9:15a Chair Yoga 9 (\$3)
11a Virtual Reality
2p Film Screening & Discussion- "Bigger Than Life"

9:15a AHOY (\$3) 12
12-3p Flu Shot Clinic
3p Painting with Innovative Arts

13 11a Bingo
1p Zumba (\$3)
2p Cornhole/Card & Board Games

14 1p Cardio Drumming (\$3)

15 9a Better Balance (\$3)
9:45a Advanced Better Balance (\$3)
11a Recipe for Success
12:30p Tai Chi (\$3)
2p Jewelry

9:15a Chair Yoga 16 (\$3)
11a Virtual Reality
2p Film Screening & Discussion- "The President's Analyst"

9:15a AHOY (\$3) 19
1-3p Falls Prevention Workshop with Better Balance Senior Fitness

20 11a Bingo
1p Zumba (\$3)
2p Cornhole/Card & Board Games

21 9-11:30 Balance Screenings (by appt. only)
9a Caring Conversations with FirstLight Home Care (Virtual)
1p Cardio Drumming (\$3)

22 9a Better Balance (\$3)
9:45a Advanced Better Balance (\$3)
11a Recipe for Success
12:30p Tai Chi (\$3)
2p Jewelry

23 9-11:30 Balance Screenings (by appt. only)
9:15a Chair Yoga (\$3)
11a Virtual Reality
2p Film Screening & Discussion- "The Treasure of the Sierra Madre"

9:15a AHOY (\$3) 26
2-5p Fall Fun Day

27 11a Bingo
1p Zumba (\$3)
2p Cornhole/Card & Board Games
2:30p Hammered Dulcimer Concert by Larry Kirwan

28 10a Saving for Success with Family Services of the Piedmont
11a Rock Tumbling & Identification
1p Cardio Drumming (\$3)

29 9a Better Balance (\$3)
9:45a Advanced Better Balance (\$3)
11a Recipe for Success
12:30p Tai Chi (\$3)
2p Jewelry

9:15a Chair Yoga 30 (\$3)
11a Virtual Reality
2p Film Screening & Discussion- "Trouble in Paradise"