

Monday

Tuesday

Wednesday

Thursday

Friday

 October 2025 A * next to an activity means signing up ahead of time is required. 		10a Virtual Reality * 1 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club 	10a Recipe for Success (V) 2 11a Grief Support Group 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes	9:15a Chair Yoga 3 (\$4) (V) 10a Trivia with Tina 1p Friday Favorite Movie - "Heads of State" * 1p Birthday Celebration
9:15a AHOY (\$4)(V) 6 10a Ice Breakers 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta 3pm Halloween movie - "The Woman in Black"	9a Better Balance (\$4) 7 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong	10a Virtual Reality * 8 10a Intro to Psych * 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club 	9a Fall Recovery (\$5) * 9 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 	8:30a Mountain Day Trip (\$65) * 10 9:15a Chair Yoga (\$4) (V) 10a Trivia with Tina 1p Friday Favorite Movie - "3 Amigos" *
9:15a AHOY (\$4) (V) 13 10a Michigan Travelogue * 10:30a Path to Healthy Weight & Cooking Demo 1:30p Arthritis Exercise (\$5) 2:30p Canasta 3pm Halloween movie - "Hocus Pocus"	9a Better Balance (\$4) 14 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong 6p CAA *	10a Virtual Reality* 15 10a Intro to Psych * 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club	10a Recipe for Success (V) 16 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 	9:15a Chair Yoga 17 (\$4) (V) 10a Trivia with Tina 1p Friday Favorite Movie - "Twister" * 
9:15a AHOY (\$4)(V) 20 10a Ice Breakers 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta 3pm Halloween movie - "Sinners"	9a Better Balance (\$4) 21 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong	10a Virtual Reality * 22 10a Intro to Psych * 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club	10a Hoarding presentation 23 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 	9:15a Chair Yoga 24 (\$4) (V) 10a Trivia with Tina 11a Foundations of Investing 1p Friday Favorite Movie - "Love With a Proper Stranger" *
9:15a AHOY (\$4)(V) 27 10a Ice Breakers 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta 3pm Halloween movie - "The Craft"	9a Better Balance (\$4) 28 9:45a Advanced Better Balance (\$4) 11a Pumpkin Picture Painting (\$3) * 1p Zumba Gold (\$5) 2p Games & Mahjong	10a Virtual Reality * 29 10a Intro to Psych * 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club 	12:30p Tai Chi (\$4) 30 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 	9:15a Chair Yoga (\$4) (V) 31 10a Donuts with the Director 1p Pumpkin Palooza 