

EVENTS - OCTOBER 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10am SAIL Aerobics 11:30 AM Krafty Krafters 5:30 PM Seeds of Change Dinner	2	3 RESERVED Private Facility Rental
4	5 10 AM Seated Enhance Fitness 11 AM Coffee and Tea Social Hour 11:15 AM Gardeners Group 3:00 PM After School Drop-In	6 9:30 AM Chair Yoga 11:00 AM SAIL Aerobics 12:15 PM Senior Cafe Lunch 3:00 PM After School Drop-In	7 10:30 AM SAIL w/ Jan 11:45 AM Chair Yoga 12:45 PM Writers Support Group 1:30 PM Card Games and Dominoes 3:00 PM After School Drop-In	8 10 AM SAIL Aerobics 11:00 AM Cooking Class 11:30 AM Krafty Krafters 5:30 PM Seeds of Change Dinner	9	10  5-9 PM Decades of Hope - Hope Moves Mountains Gala
11	12 10 AM Seated Enhance Fitness 11 AM Coffee and Tea Social Hour 11:15 AM Gardeners Group 3:00 PM After School Drop-In	13 9:30 AM Chair Yoga 11:00 AM SAIL Aerobics 12:15 PM Senior Cafe Lunch 3:00 PM After School Drop-In	14 10:30 AM SAIL w/ Jan 11:45 AM Chair Yoga 12:45 PM Writers Support Group 1:30 PM Card Games and Dominoes 3:00 PM After School Drop-In	15 10am SAIL Aerobics 11:30 AM Krafty Krafters 5:30 PM Seeds of Change Dinner	16	17 RESERVED Private Facility Rental
18 	19 10 AM Seated Enhance Fitness 11 AM Coffee and Tea Social Hour 11:15 AM Gardeners Group 3:00 PM After School Drop-In	20 9:30 AM Chair Yoga 11:00 AM SAIL Aerobics 12:15 PM Senior Cafe Lunch 3:00 PM After School Drop-In	21 9:30 AM Balance Class 10:30 AM SAIL w/ Jan 11:45 AM Chair Yoga 12:45 PM Writers Support Group 1:30 PM Card Games and Dominoes 3:00 PM After School Drop-In	22 10am SAIL Aerobics 11:30 AM Krafty Krafters 5:30 PM Seeds of Change Dinner	23	24  Harvest Fest! 3:00 PM Trunk or Treat
25	26 10 AM Seated Enhance Fitness 11 AM Coffee and Tea Social Hour 11:15 AM Gardeners Group 3:00 PM After School Drop-In	27 9:30 AM Chair Yoga 11:00 AM SAIL Aerobics 12:15 PM Senior Cafe Lunch 3:00 PM After School Drop-In	28 10:30 AM SAIL w/ Jan 11:45 AM Chair Yoga 12:45 PM Writers Support Group 1:30 PM Card Games and Dominoes 3:00 PM After School Drop-In	29 10am SAIL Aerobics 11:30 AM Krafty Krafters 5:30 PM Seeds of Change Dinner	30	31 