


Senior Wellness Programs — October 2022

Mon	Tue	Wed	Thu	Fri
Oct 3	4	5	6	7
9:00am Café Coffee hour 10:00am Seated SAIL	10:00am Café Coffee hour 11:00am SAIL Aerobics 12:15pm Senior Café Lunch "Charity Fraud" presented by Joshua Studor, Consumer Protection Division of WA	9:00am Café Coffee hour 10:00am Seated SAIL Music & Memories 11:15-11:45am MVCC 12:00-12:45pm Opening Minds Thru Art 1:00-2:00pm	9:00am Café Coffee hour 10:00am SAIL Aerobics Tech-Time 11:30-12:00pm by appointment ONLY Krafty Krafter's Open House 11:30am-2:00pm	
10	October Birthday's 11	12	13	14
9:00am Café Coffee hour 10:00am Seated SAIL	10:00am Café Coffee hour 11:00am SAIL Aerobics 12:15pm Senior Café Lunch Octoberfest Birthday Lunch Sponsored by Lori Hutson Entertainment provided by Hank Blumenthal	9:00am Café Coffee hour 10:00am Seated SAIL Music & Memories 11:15-11:45am MVCC 12:00-12:45pm Opening Minds Thru Art 1:00-2:00pm	9:00am Café Coffee hour 10:00am SAIL Aerobics Tech-Time 11:30-12:00pm by appointment ONLY Krafty Krafter's Open House 11:30am-2:00pm	
17	18	19	20	21
9:00am Café Coffee hour 10:00am Seated SAIL	10:00am Café Coffee hour 11:00am SAIL Aerobics 12:15pm Senior Café Lunch "Senior Spotlight"	NO Programming	9:00am Café Coffee hour 10:00am SAIL Aerobics Tech-Time 11:30-12:00pm by appointment ONLY Krafty Krafter's Open House 11:30am-2:00pm	
24	25	26	27	28
9:00am Café Coffee hour 10:00am Seated SAIL	10:00am Café Coffee hour 11:00am SAIL Aerobics 12:15pm Senior Café Lunch BINGO!	9:00am Café Coffee hour 10:00am Seated SAIL Music & Memories 11:15-11:45am MVCC 12:00-12:45pm Opening Minds Thru Art 1:00-2:00pm	9:00am Café Coffee hour 10:00am SAIL Aerobics Tech-Time 11:30-12:00pm by appointment ONLY Krafty Krafter's Open House 11:30am-2:00pm	Saturday, Oct 29 MVCC Trunk or Treat 1:00—3:00 pm
31	Nov 1	2	3	4
9:00am Café Coffee hour 10:00am Seated SAIL Dress up for Halloween!	10:00am Café Coffee hour 11:00am SAIL Aerobics 12:15pm Senior Café Lunch	9:00am Café Coffee hour 10:00am Seated SAIL Music & Memories 11:15-11:45am MVCC 12:00-12:45pm Opening Minds Thru Art 1:00-2:00pm	9:00am Café Coffee hour 10:00am SAIL Aerobics Tech-Time 11:30-12:00pm by appointment ONLY Krafty Krafter's Open House 11:30am-2:00pm	