





Senior Wellness Programs October 2021



Mon	Tue	Wed	Thu	Fri
	Harvest Fall Festival Oct. 26 <ul style="list-style-type: none"> • Costume Contest • BINGO & Prizes • Pumpkin Painting/Decorating 	Bound by Hope Watch Party—Oct 20 8:45-9:45 AM <ul style="list-style-type: none"> • Donuts & coffee 	New Seniors in Motion Low Impact Strengthening and Toning Fitness Mon/Wed/Fri 1:00—2:00 pm	
4	5	6	7	8
9:00 Café Coffee hour 10:00-11:00 Seated SAIL	10am Café Coffee hour 11:00-12:00 SAIL Aerobics 12:15 Lunch	9:00 Café Coffee hour 10:00-11:00 Seated SAIL	10-11:00 Senior Café 10:00-11:00 SAIL Aerobics Krafty Krafter's <i>Open House 11:30-3:30</i>	
11	Celebrating October Birthdays 12	13	14	15
9:00 Café Coffee hour 10:00-11:00 Seated SAIL	10-11:00 Café Coffee Hour 11:00-12:00 SAIL Aerobics 12:15 Lunch & Birthday Celebrations 	9:00 Café Coffee hour 10:00-11:00 Seated SAIL NEW Fit & Strong Class 1:00-2:00	10-11:00 Senior Café 10:00-11:00 SAIL Aerobics Krafty Krafter's <i>Open House 11:30-3:30</i>	NEW Fit & Strong Class 1:00-2:00
18	19	20	21	22
9:00 Café Coffee hour 10:00-11:00 Seated SAIL NEW Fit & Strong Class 1:00-2:00	10-11:00 Senior Café Lunch 11:00-12:00 SAIL Aerobics 12:15 Lunch & Senior Café Scam & Fraud Prevention with David Alexander, 1st Security Bank	8:45-9:45 BBH Watch Party 10:00-11:00 Seated SAIL NEW Fit & Strong Class 1:00-2:00	10-11:00 Senior Café 10:00-11:00 SAIL Aerobics Krafty Krafter's <i>Open House 11:30-3:30</i>	NEW Fit & Strong Class 1:00-2:00
25	26	27	28	29
9:00 Café Coffee hour 10:00-11:00 Seated SAIL NEW Fit & Strong Class 1:00-2:00	10-11:00 Café Coffee Hour 11:00-12:00 SAIL Aerobics 12:15 Lunch & Senior Café Harvest Fall Festival – Wear your costume!	9:00 Café Coffee hour 10:00-11:00 Seated SAIL NEW Fit & Strong Class 1:00-2:00	10-11:00 Senior Café 10:00-11:00 SAIL Aerobics Krafty Krafter's <i>Open House 11:30-3:30</i>	NEW Fit & Strong Class 1:00-2:00