

# October 2018

Office Hours: Tuesday 9:00 – 2:00  
Thursday 9:00 – 2:00



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>French Conversation</b> <sup>1</sup> Adv. 9:00-10:00 Int. 10:15-11:15 Beg. 11:30-12:30 <b>Piece Makers Quilting</b> 12:45pm-2:30 <b>Chair Yoga</b> 10:30 -11:30	<b>Osteofit</b> <sup>2</sup> Level 1 9:00 Level 3 10:00 Level 2 11:00 <b>Nordic Walking</b> 10:00 -11:00 <b>Get Up &amp; Go</b> 12:45-1:30 <b>Writing Stories</b> 12:30 - 2:30 <b>Warm Fuzzy Knitting</b> 1:00 – 2:30	<b>Nordic Walking</b> <sup>3</sup> 9:00 -10:00 <b>Inspire me Fitness</b> 10:30 – 12:00 <b>Writer's Group</b> 12:15 - 2:30 <b>Chair Yoga</b> 10:30 -11:30	<b>Osteofit</b> <sup>4</sup> Level 1 9:00 Level 3 10:00 Level 2 11:00 <b>Get Up &amp; Go</b> 12:45-1:30 <b>Women in Local Polotics</b> 12:30-2:30 <b>Inter. Gardening</b> 1:30 – 2:30	<b>Journaling</b> <sup>5</sup> 9:30 – 11:30	<b>Bus Tour: Cranberry Festival</b> <sup>6</sup> 8:00 – 2:30
7	<b>Thanksgiving</b> <sup>8</sup>	<b>Osteofit</b> <sup>9</sup> Level 1 9:00 Level 3 10:00 Level 2 11:00 <b>Nordic Walking</b> 10:00 -11:00 <b>Get Up &amp; Go</b> 12:45-1:30 <b>Book Discussion</b> 10:00 – 11:30 <b>Writing Stories</b> 12:30 - 2:30 <b>Warm Fuzzy Knitting</b> 1:00 – 2:30	<b>Nordic Walking</b> <sup>10</sup> 9:00 -10:00 <b>My Very Own Book!</b> 10:00 – 12:00 <b>Writer's Group</b> 12:15 - 2:30 <b>Chair Yoga</b> 10:30 -11:30	<b>Osteofit</b> <sup>11</sup> Level 1 9:00 Level 3 10:00 Level 2 11:00 <b>Get Up &amp; Go</b> 12:45-1:30 <b>Inter. Gardening</b> 1:30 – 2:30 <b>Travel to Isreal</b> 12:30 – 2:30	12	13
14	<b>French Conversation</b> <sup>15</sup> Adv. 9:00-10:00 Int. 10:15-11:15 Beg. 11:30-12:30 <b>Piece Makers Quilting</b> 12:45pm-2:30 <b>Chair Yoga</b> 10:30 -11:30	<b>Osteofit</b> <sup>16</sup> Level 1 9:00 Level 3 10:00 Level 2 11:00 <b>Nordic Walking</b> 10:00 -11:00 <b>Get Up &amp; Go</b> 12:45-1:30 <b>Writing Stories</b> 12:30 - 2:30 <b>Warm Fuzzy Knitting</b> 1:00 – 2:30	<b>Nordic Walking</b> <sup>17</sup> 9:00 -10:00 <b>For God, City &amp; Self: Art and Power in Early Renaissance</b> 10:00 – 12:00 <b>Writer's Group</b> 12:15 - 2:30 <b>Chair Yoga</b> 10:30 -11:30	<b>Osteofit</b> <sup>18</sup> Level 1 9:00 Level 3 10:00 Level 2 11:00 <b>Get Up &amp; Go</b> 12:45-1:30 <b>Geneology</b> 1:00 - 3:00 <b>Inter. Gardening</b> 1:30 – 2:30	19	20
21	<b>French Conversation</b> <sup>22</sup> Adv. 9:00-10:00 Int. 10:15-11:15 Beg. 11:30-12:30 <b>Piece Makers Quilting</b> 12:45pm-2:30 <b>Chair Yoga</b> 10:30 -11:30	<b>Osteofit</b> <sup>23</sup> Level 1 9:00 Level 3 10:00 Level 2 11:00 <b>Nordic Walking</b> 10:00 -11:00 <b>Get Up &amp; Go</b> 12:45-1:30 <b>Book Discussion</b> 10:00 – 11:30 <b>Writing Stories</b> 12:30 - 2:30 <b>Warm Fuzzy Knitting</b> 1:00 – 2:30	<b>Nordic Walking</b> <sup>24</sup> 9:00 -10:00 <b>Pine needle Baskets</b> 9:30 – 12:00 <b>Writer's Group</b> 12:15 - 2:30 <b>Chair Yoga</b> 10:30 -11:30	<b>Osteofit</b> <sup>25</sup> Level 1 9:00 Level 3 10:00 Level 2 11:00 <b>Get Up &amp; Go</b> 12:45-1:30 <b>Proportional Rep.</b> 10:00 – 12:00 <b>Inter. Gardening</b> 1:30 – 2:30 <b>Tech Time</b> 1:00 – 2:30	<b>Pine needle Baskets</b> <sup>26</sup> 9:30 – 12:00	27
28	<b>French Conversation</b> <sup>29</sup> Adv. 9:00-10:00 Int. 10:15-11:15 Beg. 11:30-12:30 <b>Piece Makers Quilting</b> 12:45pm-2:30 <b>Chair Yoga</b> 10:30 -11:30	<b>Osteofit</b> <sup>30</sup> Level 1 9:00 Level 3 10:00 Level 2 11:00 <b>Nordic Walking</b> 10:00 -11:00 <b>Get Up &amp; Go</b> 12:45-1:30 <b>Connect Hearing</b> 10:00 – 11:00 <b>Writing Stories</b> 12:30 - 2:30 <b>Warm Fuzzy Knitting</b> 1:00 – 2:30 <b>Philosopher's Cafe</b> 7:00 – 9:00	<b>Nordic Walking</b> <sup>31</sup> 9:00 -10:00 <b>Travel to Cambodia &amp; Vietnam</b> 10:00 – 12:00 <b>Writer's Group</b> 12:15 - 2:30 <b>Chair Yoga</b> 10:30 -11:30			

