

Monday	Tuesday	Wednesday	Thursday	Friday
			9:00 Personal Training 1 10/10:45/11:30/12:25 Tai Chi 10-11:30 Basic Computer 12:30-2 Navigating Internet <b>1:00 Coffee w/ Mary Glassman</b>	<b>2</b> 9:15 Exercise 9:00/10:30 Bridge Lessons 10:30 Yoga 12:00 / 1:00 Exercise Classes 1:00 Line Dancing
<b>5</b> 8-10 Rink Walkers(ISC) 9:15 Zomba Gold 9:30-11:30 Stamping Class 10:00 Snuggles Knitting 12-3 Bridge 12:00 / 1:00 Exercise Classes <i>1-4 Footcare (appt)</i>	<b>6</b> 9:00 Personal Training 10-2:30 Ceramics 10/10:45/11:30/12:25 Tai Chi 12:30 Bowling(BF) 1-3 Mahjongg/ Scrabble 1-2 Tap Dance	<b>7</b> 8:00 Codgers(F) 8:00 Bird Watchers(GP) 9:15 Exercise 10:00 Intonations 10:30 Yoga 10:00 Massage 10:30 Writing 12:00 Lunch at Eno 12:00 / 1:00 Exercise Classes <b>Trip: Mohegan Casino</b>	<b>8</b> <b>9:00 AARP Safe Driving</b> 9:00 Personal Training 10/10:45/11:30/12:25 Tai Chi 10-11:30 Basic Computer 12:30-2 Navigating Internet(L) 2-4 Investment Club	<b>9</b> <b>9:00 AARP Safe Driving</b> 9:15 Exercise 9:00/10:30 Bridge Lessons 10:30 Yoga <i>12:15-1:15 Blood Pressure</i> 12:00 / 1:00 Exercise Classes 1:00 Line Dancing
<b>12</b> 8-10 Rink Walkers(ISC) 9:15 Zumba Gold 9:30-11:30 Stamping Class 10:00 Snuggles Knitting 12-3 Bridge 12:00 / 1:00 Exercise Classes	<b>13</b> 9:00 Personal Training 10:00 Bereavement Group 10-2:30 Ceramics 10/10:45/11:30/12:25 Tai Chi 11:30 Retired Men's Lunch 12:30 Bowling(BF) 1-3 Mahjongg/ Scrabble 1-2 Tap Dance	<b>14</b> 8:00 Codgers(F) 9:15 Exercise 10:00 Intonations 10:30 Writing 10:30 Yoga 12:00 Lunch at Eno 12:00 / 1:00 Exercise Classes	<b>15</b> 9:00 Personal Training 10/10:45/11:30/12:25 Tai Chi 10:00 Painting Class(N) 10:00 Theater Group <b>1:00 Fidelco Presentation</b>	<b>16</b> <b>No</b> 9:15 Exercise or Yoga 9:00/10:30 Bridge Lessons <b>10:00 Cooking w/Elaine</b> 12:00 / 1:00 Exercise Classes 1:00 Line Dancing
<b>19</b> 8-10 Rink Walkers(ISC) no Zumba Gold 9:30-11:30 Stamping Class 10:00 Snuggles Knitting <b>10:00 Balance and Fall Clinic</b> 12-3 Bridge 12:00 / 1:00 Exercise Classes	<b>20</b> <b>No Personal Training</b> <b>No Ceramics No Tap</b> <b>No Tai Chi / No Mahjongg</b> 12:30 Bowling(BF) <b>12:00 Souper Tuesday Fashion Show</b>	<b>21</b> 8:00 Codgers(F) no 9:15 exercise or yoga 10:00 Intonations 10:00 Massage 10:30 Writing(L) 12:00 Lunch at Eno 12:00 / 1:00 Exercise Classes	<b>22</b> 9:00 Personal Training 10/10:45/11:30/12:25 Tai Chi 10:00 Painting Class <b>1-2:30 Caregivers</b>	<b>23</b> <b>No</b> 9:15 exercise or yoga 9:00/10:30 Bridge Lessons 12:00 / 1:00 Exercise Classes 1:00 Line Dancing
<b>26</b> 8-10 Rink Walkers(ISC) <b>9-12 Flu Shots</b> <b>9:15 Zumba Gold</b> 10-12 <i>Blood Pressure</i> 9:30-11:30 Stamping Class 10:00 Snuggles Knitting 12-3 Bridge 12:00 / 1:00 Exercise Classes	<b>27</b> 9:00 Personal Training 10:30 Hearing Clinic 10-2:30 Ceramics 10/10:45/11:30/12:25 Tai Chi 12:30 Bowling(BF) 1-3 Mahjongg/ Scrabble 1-2 Tap Dance	<b>28</b> 8:00 Codgers(F) 9:15 Exercise 10:00 Intonations 10:30 Yoga 10:00 Book Club 10:00 Cheese Day 12:00 Lunch at Eno 12:00 / 1:00 Exercise Classes	<b>29</b> 9:00 Personal Training <b>10/10:45/11:30/12:25 Tai Chi</b> 10:00 Painting Class	<b>30</b> 9:15 Exercise 9:00/10:30 Bridge Lessons(L) 10:30 Yoga <b>No afternoon Exercise</b> No Line Dancing <b>1 – 2:30 Halloween Bingo Party</b>