

# October 2021 CCC Activity Calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1					<b>1 Walk</b> <b>9:00 Coffee Hour</b> <b>9:30 Mah Jongg</b> <b>10:30 Better Balance</b> <b>11:00 Scrabble</b>  <i>Send your Walking Challenge distance to <a href="mailto:homested@shoreham.net">homested@shoreham.net</a></i>	2 Walk
3	<b>4 Walk</b>  <b>9:00 Tai Chi for Falls Prevention -Adv. Beg.</b>  <b>9:30 Knitters @ CM</b> <b>10:30 Better Balance</b>  <b>12:00 Dinner</b> <b>1:00 Guitar</b> <b>1:00 Bridge</b>	<b>5 Walk</b>  <b>9:00 Bone Builders</b> <b>10:30 Tai Chi Practice</b>  <b>1:15 SUN 73 Tai Chi</b> <b>3:00 Creative Writing</b>  <b>7:00 Take Note Singing Group</b>	<b>6 Walk</b>  <b>8:30-9:45 Yoga</b>  <b>10:30 Better Balance</b>  <b>12:00 Dinner</b> <b>1:30 Great Courses Winston Churchill- Zoom</b>	<b>7 Walk</b> <b>VNA FLU CLINIC by appointment</b> <b>9:00 Bone Builders</b> <b>9:30 Knitters @ CCC</b> <b>10:30 Tai Chi Fall Prevention Review</b> <b>1:15 SUN 73 Tai Chi</b>  <b>6:00 Ukulele</b>	<b>8 Walk</b> <b>9:00 Coffee Hour</b> <b>9:30 Mah Jongg</b> <b>10:30 Better Balance</b> <b>11:00 Scrabble</b>  <i>Send your Walking Challenge distance to <a href="mailto:homested@shoreham.net">homested@shoreham.net</a></i>	9 Walk
10	<b>11 Walk</b>  <b>CENTER CLOSED</b>	<b>12 Walk</b> <b>9:00 ANNUAL MEETING</b>  <b>9:00 Bone Builders</b> <b>10:30 Tai Chi Practice</b>  <b>1:15 SUN 73 Tai Chi</b> <b>3:00 Creative Writing</b>  <b>7:00 Take Note Singing Group</b>	<b>13 Walk</b>  <b>8:30-9:45 Yoga</b>  <b>10:30 Better Balance</b>  <b>12:00 Dinner</b> <b>1:30 Great Courses Winston Churchill- Zoom</b>	<b>14 Walk</b>  <b>9:00 Bone Builders</b> <b>9:30 Knitters @ CCC</b> <b>10:30 Tai Chi Fall Prevention Review</b> <b>1:15 SUN 73 Tai Chi</b> <b>2:00 ZENTANGLE Workshop</b>	<b>15 Walk</b> <b>9:00 Coffee Hour</b> <b>9:30 Mah Jongg</b> <b>10:30 Better Balance</b> <b>11:00 Scrabble</b>  <i>Send your Walking Challenge distance to <a href="mailto:homested@shoreham.net">homested@shoreham.net</a></i>	16 Walk
17	<b>18 Walk</b>  <b>9:00 Tai Chi for Falls Prevention -Adv. Beg.</b> <b>9:30 Knitters @ CM</b> <b>10:30 Better Balance</b>  <b>12:00 Dinner</b> <b>1:00 Guitar</b> <b>1:00 Bridge</b>	<b>19 Walk</b>  <b>9:00 Bone Builders</b> <b>10:30 Tai Chi Practice</b>  <b>1:15 SUN 73 Tai Chi</b> <b>3:00 Creative Writing</b>  <b>7:00 Take Note Singing Group</b>	<b>20 Walk</b>  <b>8:30-9:45 Yoga</b> <b>10:30 Better Balance</b>  <b>12:00 BIRTHDAY DINNER</b>	<b>21 Walk</b>  <b>9:00 Bone Builders</b> <b>9:30 Knitters @ CCC</b> <b>10:30 Tai Chi Fall Prevention Review</b> <b>1:15 SUN 73 Tai Chi</b> <b>RAVNAH FOOT CLINIC by appointment</b>  <b>6:00 Ukulele</b>	<b>Walk</b> <b>9:00 Coffee Hour</b> <b>9:30 Mah Jongg</b> <b>10:30 Better Balance</b> <b>11:00 Scrabble</b>  <i>Send your Walking Challenge distance to <a href="mailto:homested@shoreham.net">homested@shoreham.net</a></i>	23 Walk
24	<b>25 Walk</b>  <b>9:00 Tai Chi for Falls Prevention -Adv. Beg.</b> <b>9:30 Knitters @ CM</b> <b>10:30 Better Balance</b>  <b>12:00 Dinner</b> <b>1:00 Guitar</b> <b>1:00 Bridge</b>	<b>26 Walk</b>  <b>9:00 Bone Builders</b> <b>10:30 Tai Chi Practice</b>  <b>1:15 SUN 73 Tai Chi</b> <b>3:00 Creative Writing</b>  <b>7:00 Take Note Singing Group</b>	<b>27 Walk</b>  <b>8:30-9:45 Yoga</b> <b>10:30 Better Balance</b>  <b>12:00 Dinner</b>	<b>28 Walk</b>  <b>9:00 Bone Builders</b> <b>9:30 Knitters @ CCC</b> <b>10:30 Tai Chi Fall Prevention Review</b>  <b>1:15 SUN 73 Tai Chi</b>	<b>Walk</b> <b>9:00 Coffee Hour</b> <b>9:30 Mah Jongg</b> <b>10:30 Better Balance</b> <b>11:00 Scrabble</b>  <i>Send your Walking Challenge distance to <a href="mailto:homested@shoreham.net">homested@shoreham.net</a></i>	30 Walk
<b>31</b> <b>Happy Halloween</b>						

*Refer to program descriptions in the Newsletter for details*