

# October 2022 Programs



by Unknown  
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Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2       7:30 AA	3 10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner 12:30 Line Dance 1:00 Bridge	4 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing  7:30 WAA	5 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner	6 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:15 SUN 73 Tai Chi  6:00 Ukulele	7 9:00-11 Coffee Hour 10:30 Better Balance  <i>Send your walking miles</i>	8
9      7:30 AA	10  <b>CENTER CLOSED For HOLIDAY</b>	11 9:00 CCSI ANNUAL MEETING 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing  7:30 WAA	12 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner	13 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:15 SUN 73 Tai Chi	14 9:00-11 Coffee Hour 10:30 Better Balance 12:00 Lunch and Learn Presentation on Seasonal Affective Disorder  <i>Send your walking miles</i>	15
16      7:30 AA	17 10:30 Better Balance 11:00 Guitar  12:00 CCC Dinner 12:30 Line Dance 1:00 Bridge 3:00 Book Club	18 FLU SHOT CLINIC 9:00-11:00 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing  7:30 WAA	19 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 11:30 SASH Blood Pressure Screening 12:00 BIRTHDAY DINNER 1:30 Great Courses: Genetics with Mark Fox	20 9:00 Bone Builders 9:30 Knitters 10:30 NO Longevity Tree 11:30 Fall Prevent Tai Chi 1:00-3:00 FOOT CLINIC 1:15 SUN 73 Tai Chi 6:00 Ukulele	21 9:00-11 Coffee Hour 10:30 Better Balance 12:00-2:00 GAME DAY  <i>Send your walking miles</i>	22
23      7:30 AA	24 10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner 12:30 Line Dance 1:00 Bridge	25 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing  7:30 WAA	26 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner	27 9:00 Bone Builders 9:30 Knitters 11:30 Fall Prevent Tai Chi 1:15 SUN 73 Tai Chi	28 9:00-11 Coffee Hour 10:30 Better Balance  <i>Send your walking miles</i>	29
30	31 <b>HAPPY HALLOWEEN</b> 10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner 12:30 Line Dance 1:00 Bridge					

Refer to the program descriptions for details