

October 2025

Senior Nutrition Lunch is served daily from 12pm to 1pm Monday through Friday

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---------|---|--|--|
| <p>DON'T FORGET THAT MEDICARE ANNUAL ENROLLMENT PERIOD BEGINS OCTOBER 15TH AND RUNS THROUGH DECEMBER 7TH.</p> <p>CHECK DAILY AT THE CENTER FOR ANY ADDITIONAL VISITS FROM INSURANCE CARRIERS.</p> <p>Please be aware that this calendar may change during the month and/or a replacement to lead exercise may change. Thank you for your patience.</p> | | 1 | 2 | 3 |
| | | <p>9:30am-12pm Quilting</p> <p>10am Crochet & Knit</p> <p>11:15am Strength with a Smile with Tiny Barbells</p> <p>1pm GROW YOUR KNOW: The DOL White Card & You by CNS Cares</p> <p>1pm Painting Techniques with Debbie</p> <p>1:30 BINGO with Tina from CNS Cares</p> | <p>10am Technology with Jesse from the Library</p> <p>10am Walk with Sharon</p> <p>10:30am Boggle</p> <p>11am Community Paint</p> <p>11am Bible Study</p> <p>12:45pm GROW YOUR KNOW: HealthMarkets presentation for Seniors by Allison, Linda and Leslie</p> | <p>9am-12pm Hair by Bobbie</p> <p>10am Mandolin Class</p> <p>11:15am Strength with a Smile with Tiny Barbells</p> <p>11am Community Paint</p> |


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| 6 | 7 | 8 | 9 | 10 |
| 9am Mandolin Class 10am Guitar Class 10am-12pm Crafting Group 11:15am Strength with a Smile with Tiny Barbells 1:30pm BINGO by Clean and Order 2:30pm Intermediate Line Dancing | 10am Walk with Sharon 11am Bible Study 11am Big Ball Drumming 12pm Music by Wade 12:45PM GROW YOUR KNOW: <i>The Power of Positive Thinking When Life Gives Us Lemons</i> presented by Ken Lefevre from Wisdom Insurance 1pm Beginner Line Dance 1:30pm BINGO by Allison Littleton from HealthMarkets | 9:30am-12pm Quilting 10am Crochet & Knit 11:15am Strength with a Smile with Tiny Barbells 1pm Sign Language with Ja'el 1pm Beginner Painting Part 1 with Debbie 2pm United Healthcare Q&A | 10am Technology with Jesse from the Library 10am Walk with Sharon 10:30am Boggle 11am Oil Painting Class with Jimmy Beets part 1 11am Bible Study | 9am-12pm Hair by Bobbie 10am Mandolin Class 11:15am Strength with a Smile with Tiny Barbells 11am Woodburning Essentials with Kim Carroll |

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| 13 | 14 | 15 | 16 | 17 |
| 9am Mandolin Class 10am Pet Food Pantry Distribution provided by SARG and AC-ARF 10am Guitar Class 11:15am Strength with a Smile with Tiny Barbells 11am Woodburning Essentials with Kim Carroll 2:30pm Intermediate Line Dancing | 10am Walk with Sharon 11am Bible Study 11am Big Ball Drumming 12pm Music by Wade 12:30 – 1:30pm HOT CIDER PARTY with candy and cookies sponsored by Jesse Lough with Comfort Keepers! 1pm Beginner Line Dance 1:30pm BINGO with Shalom Hospice | 9:30am-12pm Quilting 10am Crochet & Knit 11:15am Strength with a Smile with Tiny Barbells 1pm Beginner Painting Part 2 with Debbie 1pm GROW YOUR KNOW: Medicare presentation by Ja'el from United Healthcare | 10am Technology with Jesse from the Library 10am Walk with Sharon 10:30am Boggle 11am Oil Painting Class with Jimmy Beets part 2 11am Bible Study 1:30pm BINGO with Mia from Morning Pointe | 9am-12pm Hair by Bobbie 10am-12pm Crafting Group: Make & Decorate Aprons 10am Mandolin Class 11am Community Paint 11:15am Strength with a Smile with Tiny Barbells  <p>7PM – 9:30PM Flannel, Fire, and Flix. Free Event sponsored by our friends at HealthMarkets. Hot dogs, s'mores and drinks.</p> |


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| 20 | 21 | 22 | 23 | 24 FREAKY FRIDAY |
| 9am Mandolin Class 10am Guitar Class 11:15am Strength with a Smile with Tiny Barbells 1-2:30pm Crafting Group: Cork Angels 2:30pm Intermediate Line Dancing | 10am Walk with Sharon 11am Bible Study 11am Big Ball Drumming 12pm Music by Wade 12:45pm GROW YOUR KNOW: Food to Boost Brain Power presented by Ken Lefevre from Wisdom Insurance RESCHEDULED FOR JANUARY 1:30pm BINGO with Commissioner Denise Palmer from D2 1pm Beginner Line Dance | 9:30am-12pm Quilting 10am Crochet & Knit 10am-1pm Crafting Group: Christmas Bulbs 11:15am Strength with a Smile with Tiny Barbells 1pm United Healthcare Q&A with Ja'el 1pm Painting Techniques with Debbie | 10am Technology with Jesse from the Library 10am Walk with Sharon 10am-1pm Crafting Group: Fabric Pumpkins 10:30am Boggle 11am Community Paint 11am Bible Study 1:30pm Bean There, Bought That! A twist on using buying power on items – brought to you by Judy Gaines. | FREAKY FRIDAY DAY TRIP to Bush Bean Factory – departs from Senior Center 9am-12pm Hair by Bobbie 10am Mandolin Class 11am Community Paint 11:15am Strength with a Smile with Tiny Barbells |

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| 27 | 28 | 29 TEAM COMPETITION | 30 | 31 DRESS UP – BOO! |
| 9am Mandolin Class 10am Guitar Class 11:15am Strength with a Smile with Tiny Barbells 2:30pm Intermediate Line Dancing | 10am Walk with Sharon 11am Bible Study 11am Big Ball Drumming 12pm Music by Wade 1pm Beginner Line Dance | 9:30am-12pm Quilting 10am Crochet & Knit 10am-2pm 32ND ANNUAL NATIONAL SENIOR HEALTH AND FITNESS DAY sponsored by United Healthcare – see Debbie for Team Signup! 11:15am Strength with a Smile with Tiny Barbells 1pm Painting with Debbie | 10am Technology with Jesse from the Library 10am Walk with Sharon 10:30am Boggle 11am Community Paint 11am Bible Study | 9am-12pm Hair by Bobbie 10am Mandolin Class 11am Community Paint 11:15am Strength with a Smile with Tiny Barbells 1:30pm TRICK OR TREAT BINGO |
| | | | |  |