

## Special Activities

**\*\*Oct 4, 2019**

**12<sup>th</sup> Women's Wellness**  
**Chesapeake Conference Center**

**\*\*Oct. 7, 14, 21, 28**

**Senior bowling league**  
**AMF Lanes 9:30am**

**\*\*Oct. 14, Fall**

**Carnival/Make a Mask**  
**10:00am-2:00pm**

**\*\*Oct. 16, 2019**

**Sheriffs Convention**  
**10:00am-2:00pm**

**\*While You're Caring for**  
**Your Loved One, Take Care of**  
**Yourself, *Free Lunch***

**Oct. 31, 2019**  
**10:00am-2:00pm**  
**Making A Difference In**  
**The Senior**  
**Community**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1. 9a Coffee Hour 10a Social Hour Crocheting/Knitting 10:30a Exercise 11a Line Dancing	2. 9a Coffee Hour 11a 60t Meeting 11a Canasta 12p Lunch 1p-5p Bingo/Social Mexican Train	3. 9a Coffee Hour 10a Quilting 11a Exercises 12:30p crocheting 2p-5p Table Games, Cards, Table Tennis	4. 9a Coffee Hour 10a Bridge 12p Board Games/Cards 1p-3p Table Tennis 5:30p Open Games	5.  <b>Center Closed</b>
6.  <b>Center Closed</b>	7. <b>Wellness Day</b>	8. 9a Coffee Hour 10a Social Hour Crocheting/Knitting 10:30a Exercises 11a Line Dancing 12p Lunch 1p-5p Billiards & Table Games, Mah Jongg	9. 9a Coffee Hour 11a 60+ Meeting 11a Canasta 12p Lunch 1p-5p Bingo/Social	10. 9a Coffee Hour 10a Quilting 11a Exercises 12:30p Bunco 2p-5p Table Games, Cards, Table Tennis	11. 9a Coffee Hour 10a Bridge 12p Board Games/Cards 1p-3p Table Tennis 5:30p Open Games	12.  <b>Center Closed</b>
13.  <b>Center Closed</b>	14. <b>Wellness Day</b>	15. 9a Coffee Hour 10a Social Hour Crocheting/Knitting 10:30a Exercises 11a Line Dancing 12p Lunch 1p-5p Billiards & Table Games, Mah Jongg	16. 9a Coffee Hour 11a 60+ Meeting 11a Canasta 12p Lunch 1p-5p Bingo, Card Games	17. 9a Coffee Hour 10a Quilting 11a Exercises 12:30p crocheting 2p-5p Table Games, Cards, Table Tennis	18. 9a Coffee Hour 10a Bridge 12p Board Games/Cards 1p-3p Table Tennis 5:30p Open Games	19.  <b>Center Closed</b>
20.  <b>Center Closed</b>	21. <b>Wellness Day</b>	22. 9a Coffee Hour 10a Social Hour Crocheting/Knitting 10:30a Exercises 11a Line Dancing 12p Lunch 1p-5p Billiards & Table Games, Mah Jongg	23. 9a Coffee Hour 11a 60+ Meeting 11a Canasta 12p Lunch 1p-5p Bingo/Social Billiards	24. 9a Coffee Hour 10a Quilting 11a Exercises 12:30p Bunco 2p-5p Open Gym Games, Billiards	25. 9a Coffee Hour 10a Bridge 12p Board Games/Cards 1p-3p Table Tennis 5:30p Open Games	26.  <b>Center Closed</b>
27.  <b>Center Closed</b>	28. <b>Wellness Day</b>	29. 9a Coffee Hour 10a Social Hour Crocheting/Knitting 10:30a Exercises 11a Line Dancing 12p Lunch 1p-5p Billiards & Table Games, Mah Jongg	30. 9a Coffee Hour 11a 60+ Meeting 11a Canasta 12p Lunch 1p-5p Bingo/Social	31. 9a Coffee Hour 10a Quilting 11a Exercises 3p-5p Cards, Table Tennis		31.  <b>Center Closed</b>
						<b>Note: Seniors aged 60+ plus can receive a nutritious lunch Tues &amp; Wed (small donation applies)</b>

