

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Please remember that all programs require registration. Register online by visiting our website!				
2 9:30 Spunky Spades Bridge 9:30 Keep it Legal with Sarah Neault, Esq. 11:00 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:30 Hand & Foot	3 10:00 Art Workshop 10:00 Mindfulness with Nancy 10:00 Coffee with a Cop 10:00 Gentle Vinyasa Yoga with Leslie 1:00 French Club 1:00 Canasta	4 9:00 Bridge Group 10:00 Walking Group at The Center 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	5 10:00 Octets Bridge 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 1:00 Cribbage (intermediate) 2:00 Ukelele Group	6 Closed – Kitchen Tour Prep
9 Closed – Columbus Day Indigenous People Day	10 10:00 Art Workshop 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie 1:00 Canasta	11 9:00 Bridge Group 10:00 Walking Group at The Center 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	12 10:00 Octets Bridge 11:00 Irish Splendor Traveler Meeting 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukelele Group	13 9:00 Open House 9:00 Elder Elves Committee Meeting 10:00 Knitting Group 11:00 Holiday Bow Making 12:00 Bridget's Lunch Bunch 1:00 Cribbage (intermediate)
16 9:30 Spunky Spades Bridge 10:00 Fall Leaves Pencil Drawing w/ Vera Piper 11:00 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:30 Hand & Foot	17 10:00 Art Workshop 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie 11:30 Monthly Luncheon @ Center Catered by Love of Food & Drink 1:00 French Club 1:00 Canasta	18 9:00 Bridge Group 10:00 Walking Group at The Center 10:00 Craft Group 10:30 Medicare Meeting-Aetna with Kathy Kotakis 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	19 10:00 Octets Bridge 1:00 American Mahjong (novice) 1:00 Center for Grieving Children Presentation 2:00 Ukelele Group 2:00 Meet & Greet with Dewpoint Advisors 3:00 World Travels with Dewey –Royale National Park, Lake Superior	20 9:00 Open House 10:00 Knitting Group 11:00 Holiday Bow Making 1:00 Cribbage (intermediate)



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23 9:30 Spunky Spades Bridge 10:00 Fall Leaves Pencil Drawing w/ Vera Piper 11:00 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:30 Hand & Foot	24 10:00 Art Workshop 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie 1:00 Canasta	25 9:00 Bridge Group 10:00 Craft Group 10:30 Medicare Meeting-UnitedHealthcare AARP with Kathy Kotakis 1:00 Book Club 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	26 10:00 Octets Bridge 1:00 American Mahjong (novice) 1:00 Reverse Mortgage Seminar- Fairway Mortgage 1:00 Adult Coloring Group 2:00 Ukelele Group	26 9:00 Open House 10:00 Knitting Group 1:00 Cribbage (intermediate)
30 9:30 Spunky Spades Bridge 10:00 Fall Leaves Pencil Drawing w/ Vera Piper 11:00 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:30 Hand & Foot	31 HAPPY HALLOWEEN 10:00 Art Workshop 10:00 Mindfulness with Nancy 1:00 Canasta 1:00 French Club 1:30 Monthly Bingo			

KEY

Highlighted Program = New & Noteworthy

Bold Program = Off-Site Program or Fundraiser

