

| Monday 2                                                     | Tuesday 3                                                       | Wednesday 4                                          | Thursday 5                              | Friday 6                                  |
|--------------------------------------------------------------|-----------------------------------------------------------------|------------------------------------------------------|-----------------------------------------|-------------------------------------------|
| Pep N Step Walkers<br>Crafts with Kristen                    | Bingo<br>Feelin Fit Exercise                                    | Pep N Step Walkers<br>Bid Whiz Players               | E-Sumi Painting<br>Feelin Fit Exercise  | Movie Day<br>Crocheting with Ms.<br>Brown |
| Monday 9                                                     | Tuesday 10                                                      | Wednesday 11                                         | Thursday 12                             | Friday 13                                 |
| *Columbus Day*<br>Pep N Step Walkers<br>Crafts with Kristen  | Bingo<br>Feelin Fit Exercise<br>Sr. Center Potluck              | Pep N Step Walkers<br>Bid Whiz Players               | E-Sumi Painting<br>Feelin Fit Exercise  | Movie Day<br>Crocheting with Ms.<br>Brown |
| Monday 16                                                    | Tuesday 17                                                      | Wednesday 18                                         | Thursday 19                             | Friday 20                                 |
| Pep N Step Walkers<br>Crafts with Kristen                    | Bingo<br>Feelin Fit Exercise<br>Fall Prevention<br>Presentation | Pep N Step Walkers<br>South Bay Marina<br>Field Trip | E- Sumi Painting<br>Feelin Fit Exercise | Movie Day<br>Crocheting with Ms.<br>Brown |
| Monday 23                                                    | Tuesday 24                                                      | Wednesday 25                                         | Thursday 26                             | Friday 27                                 |
| Pep N Step Walkers<br>Crafts with Kristen                    | Bingo<br>Feelin Fit Exercise                                    | Pep N Step Walkers                                   | E-Sumi Painting<br>Feelin Fit Exercise  | Movie Day<br>Crocheting with Ms.<br>Brown |
| Monday 30                                                    | Tuesday 31                                                      | Wednesday                                            | Thursday                                | Friday                                    |
| *Halloween*<br><br>Pep N Step Walkers<br>Crafts with Kristen | Bingo<br>Feelin Fit Exercise                                    | OCTOBER 2017<br>SENIOR CENTER                        |                                         |                                           |

Breakfast 8:30 – 9:30  
Lunch 12:15 – 1:00

