

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2026				10 Quilting/Jewelry 10 Intl Day of Older Persons 11 Chair Yoga 1Beg.Computer/Cell Phone	2 9am Chair Aerobics 10 Jewelry/ Quilting 11 Art/Crafts 12:30 Movie + popcorn	3 Simchat Torah Begins
4 11	5 9am Chair Aerobics 10 Quilting/Jewelry 11am Bridge	6 10 Quilting/Jewelry 10 Trivia 11 Crafts/Crocheting 12:30 Family Feud	7 10 Quilting/Jewelry 10:00 Monthly Meeting 11:15 Stretching & Strengthening 1 Impact Cardio/Self Defense	8 10 Quilting/Jewelry 11 Chair Yoga 1Beg.Computer/Cell Phone	9 9am Chair Aerobics 10 Jewelry/ Quilting 10 Old School vs New Skool fieldtrip 11 Art/Crafts	10 17
18 25	12 9am Chair Aerobics 10 Quilting/Jewelry 11am Bridge	13 10 Quilting/Jewelry 10 Family Feud 11 Crafts/Crocheting 12:30 Wheel A Fortune	14 10 Quilting/Jewelry 10:00 Arts & Crafts 11:15 Line Dancing 1 Impact Cardio/Self Defense	15 10 Quilting/Jewelry 10 Nutrition 11 Chair Yoga 1Beg.Computer/Cell Phone	16 9am Chair Aerobics 10 Jewelry/ Quilting 11 Art/Crafts 1 Left/Right/Left game	24 31
	19 9am Chair Aerobics 10 Quilting/Jewelry 11am Bridge	20 10 Quilting/Jewelry 10 Threads of Living Legend fieldtrip 11 Crafts/Crocheting 12:30 Left/Right/Left	21 10 Quilting/Jewelry 11:15 Stretching & Strengthening 1 Impact Cardio/Self Defense	22 10 Quilting/Jewelry 11 Chair Yoga 1Beg.Computer/Cell Phone	23 9am Chair Aerobics 10 Jewelry/ Quilting 11 Motown BINGO 1 Hula Hoop	30 9am Chair Aerobics 10 Jewelry/ Quilting 11 Kiss My Grits 1 Games
	26 9am Chair Aerobics 10 Quilting/Jewelry 11am Bridge	27 10 Quilting/Jewelry 10 Cornhole 11 Crafts/Crocheting 12:30 Family Feud	28 10 Quilting/Jewelry 10:00 Arts & Crafts 11:15 Line Dancing 1 Impact Cardio/Self Defense	29 10 Quilting/Jewelry 11 Kiss My Grits 11 Chair Yoga 1Beg.Computer/Cell Phone		Halloween