

October Activities

<p>1 10am Sr. Exercise 10 am Matter of Balance 11:30 Music by Joann Green 1-2 Ballroom Dance</p>	<p>2 10am Wii Games Blood Pressure screening Ricks Pharmacy 12:45 Beg. Crochet 1 Adv. Line Dancing* 1:30 Off Site Activities See page 5</p>	<p>3 10 Senior Exercise 10 am Matter of Balance 11:30 Medicaid Anthem New Benefits - Debbie Ash 12:45 Card Games</p>	<p>4 10am Wii Games 11 am Music - Mike Ward 1-2:30 Card Games</p>	<p>5 10am Sr. Exercise 10 am Matter of Balance 11:30 Importance of Flu Shots Eric Egli Nursing student 12:45 Spades/Bridge</p>
<p>8 10am Sr. Exercise 10 am Matter of Balance 1-2 Ballroom Dance</p>	<p>9 10am Wii Games 12:45 Beg. Crochet 1 Adv. Line Dancing* 1:30 Off Site Activities See page 5</p>	<p>10 Signup for Fall trip 11am 10am Sr. Exercise 10 am Matter of Balance 11 am Gospel Music Teresa & Terry Penix 12:45 Card Games</p>	<p>11 10am Wii Games 9-11:30 Free Massage Suntouch Students 1-2:30 Card Games</p>	<p>12 10am Sr. Exercise 10 am Matter of Balance 12:45 Spades/Bridge</p> <div style="border: 2px solid green; padding: 5px; text-align: center;"> <p>60+ BASH 4-7pm Civic Center, See page 1</p> </div>
<p>15 10am Sr. Exercise 10 am Matter of Balance 10:30 Halloween Crafts Reservations Required See page 2 1-2 Ballroom Dance 1 Paint Club bring your own project to complete</p>	<p>16 10-Wii Games 11:30 Sr Health—Melanie from Parkview 12:45 Beg. Crochet 1 Adv. Line Dancing* 1:30 Off Site Activities See page 5 5pm Supper Club 5pm At Outback</p>	<p>17 10am Sr. Exercise 10 am Matter of Balance 11:30 Oct. Birthday Cake-Penny Culp /Humana 12:45 Card Games</p>	<p>18 10am Wii Games 1-2:30 Card Games 1pm Color Bingo Bring a new Orange item in a bag to play</p>	<p>19 10am Sr. Exercise 10 Matter of Balance 11-11:45 Blood Pressure Screening Health Dept. 12:45 Spades/Bridge</p>
<p>22 10am Sr. Exercise 10 am Matter of Balance TRIVIA with Gary 11:30 1-2 Ballroom Dance</p>	<p>23 10-Wii Games 10:30 Making Fall Greeting cards—Jami 12:45 Beg. Crochet 1 Adv. Line Dancing*</p> <div style="border: 2px solid red; padding: 5px;"> <p>Health Fair 1:30-3:30 At Pierce Lackey Free Health Screenings, food, rain/shine see page 1</p> </div>	<p>24 10am Sr. Exercise 10 am Matter of Balance 11:30 UK Ext. Office 12:45 Card Games</p>	<p>25 10am Wii Games 1-2:30 Card Games Afternoon Movie Free Soda and Popcorn</p>	<p>26 10am Sr. Exercise 10 am Matter of Balance 11 am BINGO Sponsor Lindsay's Funeral Home 12:45 Cards-Spades</p>
<p>29 10am Sr. Exercise 10 am Matter of Balance 1-2 Ballroom Dance</p>	<p>30 10-Wii Games 11:30 Deanna Leonard Health Dept. 12:45 Beg. Crochet 1 Adv. Line Dancing* 1:30 Off Site Activities See page 5</p>	<p>31 10am Sr. Exercise 10 am Matter of Balance 11am Halloween Costume Party Food, fun, candy, Costume Judging 12:45 Card Games</p>	<p style="text-align: center;">Daily from 8am – 3:45 pm Pool/Billiards Room, Weight Equipment /Exercise Room, Card Games & Puzzles, TV, Computers/Internet, Wi-Fi *Advanced Line Dancing ("Bootscooters") is instruction & training for those who want to join the performing group. Paducah-McCracken Co. Sr Center 1400 HC Mathis Drive Paducah KY</p>	