

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NEW ANTIQUE CLASS! Wednesday 1:30 pm Bring 1 antique! Weigh in at 1 PM WED Certified Diabetes Educator</p>	<p>Leaders on Tuesday's Shirley Deloreau Exercise Sandy Smith Cell phone Bernie Schasser- Discuss Senior Challenges</p>	<p>Leaders on Wednesday's Ken Detone Sandra Stalmack</p>	<p>YOU ARE WELCOME TO BRING YOUR LUNCH!</p>	<p>1 FALL IS IN THE AIR! HAPPY HALLOWEEN!</p>
<p>4 9am EMBROIDERY FUN Leader: Jerry Ondrejko Not a class, get together Exercise – 10 – 11 am</p>	<p>5 Neuro-Exercise Class Leader: Shirley 9:30 – 11:00 CARDS – 10 am CELL PHONE BASIC'S 11-12 Discussing Senior Challenges 12 – 1:30</p>	<p>6 Cards & Games 10 AM I will teach games EXERCISE 10 – 11 am Antique Class 1:30 Weigh-In 1 PM Lecture Certified Diabetes Educator</p>	<p>7 YOGA 10;30 LEADER- KATHY DAWSON COMPUTER CLASS 12 pm Leader- Tony Spina</p>	<p>8 CHECK HOLIDAY SPECIAL PARTY DAYS!</p>
<p>11 EMBROIDERY FUN! 9AM Not a Class, get together. Exercise 10 – 11 am</p>	<p>12 Neuro Exercise Class Leader: Shirley 9:30 – 11:00 CARDS – 10 am CELL PHONE BASIC'S 11-12 Discussing Senior Challenges 12 :00 – 1:30</p>	<p>13 Cards & Games 10 AM I will teach EXERCISE 10 – 11 am Antique Class 1:30 Weigh-in 1 PM Lecture Certified Diabetes Educator</p>	<p>14 YOGA 10;30 LEADER- KATHY DAWSON COMPUTER CLASS 12 pm Leader- Tony Spina</p>	<p>15 EMBROIDERY FUN 9 AM NOT A CLASS SEWING GET-TOGETHER Leader: Jerry Ondrejko</p>
<p>18 Sewing fun! 10 am Sewers get together. Exercise 10 – 11 am</p>	<p>19 Neuro Exercise Class Leader: Shirley 9:30 – 11:00 CARDS – 10 am CELL PHONE BASIC'S 11-12 Discussing Senior Challenges</p>	<p>20 Cards & Games 10 AM I will teach games Antique Class 1:30 EXERCISE CLASS CANCELLED TODAY Weigh In 1 PM Lecture</p>	<p>21 YOGA 10;30 LEADER- KATHY DAWSON COMPUTER CLASS 12 pm Leader- Tony Spina</p>	<p>22 EMBROIDERY FUN 9 AM NOT A CLASS SEWING GET-TOGETHER</p>
<p>25 Sewing fun! 10 am Leader: Debbie Brown EXERCISE CLASS – 10 – 11</p>	<p>26 Neuro Exercise Class Leader: Shirley 9:30 – 11:00 CARDS – 10 am CELL PHONE BASIC'S 11-12 Discussing Senior Challenges</p>	<p>27 Cards & Games 10am EXERCISE 10 – 11 am Antique Class 1:30 Weigh-in 1 PM Lecture HALLOWEEN PARTY! BRING A DISH TO PASS</p>	<p>28 YOGA 10;30 LEADER- KATHY DAWSON COMPUTER CLASS 12 pm Leader- Tony Spina</p>	<p>29 Join us in November and December for Holiday Celebrations!</p>

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