







<p><b>MONDAY, 10/2</b>          9:30 Line Dancing with Theresa          10:30 Drawing, Games and Cards          10:30 <b>Strength &amp; Balance</b> with Sonya          12:30 <b>Tai Chi</b> with Angela          1:00 Canasta Club          1:00 Bridge/Cards/Mahjong/Board Games</p>	<p><b>TUESDAY, 10/3</b>          8:30 <b>Low Impact Exercise</b> with Grace          10:30 <b>Muscle Toning</b> with Maryann          10:30 Drawing, Games and Cards          10:30 <b>Blood Pressure Screening</b> with <b>Barbara O'Hagen, RN</b>          10:30 <b>Council Meeting</b>          12:15 <b>Open Council Meeting</b>          1:00 Bridge/Cards/Mahjong/Board Games</p>	<p><b>WEDNESDAY, 10/4 - GATSBY ROOM</b>          10:30 Drawing, Games and Cards          10:30 <b>GOLDEN HARVEST DANCE &amp; TALENT SHOW!</b> (Reservations Required)          12:30 <b>Energizing Exercise</b> with Evey          1:00 Mahjong/Bridge/Cards/Board Games          1:00 "See It-Draw It" with Stephanie</p>	<p><b>THURSDAY, 10/5</b>          9:30 <b>Intermediate Line Dancing</b>          10:30 Drawing, Games and Cards          1:00 Mahjong/Pokeno/Cards/Games          1:00 Canasta Club          1:00 <b>Knitting</b> with Paula</p>	<p><b>FRIDAY, 10/6</b>          8:30 Exercise Video           9:30 <b>Muscle Toning</b> Video           10:30 <b>Birthday Celebration</b>  <b>Music with Ralph Caruso</b>          10:30 Drawing, Games and Cards          12:15 <b>BINGO &amp; TREATS!</b> Bring a Friend!          1:00 <b>Chair Yoga</b> with Peggy          1:00 Mahjong/Pokeno/Cards/Games</p>
<p><b>MONDAY 10/9</b>   <b>CENTER CLOSED</b>   <b>COLUMBUS DAY</b></p>	<p><b>TUESDAY, 10/10</b>          8:30 <b>Low Impact Exercise</b> with Grace          10:30 <b>Muscle Toning</b> Video          10:30 Drawing, Games and Cards          12:15 <b>Cookies &amp; Information</b> with "5 Star Premier Residences"          1:00 Bridge/Cards/Mahjong/Board Games</p>	<p><b>WEDNESDAY, 10/11 – GATSBY ROOM</b>          10:15 <b>Tap Dancing</b> with Paula          10:30 Drawing, Games and Cards          12:30 <b>Energizing Exercise</b> with Evey          1:00 Mahjong/Bridge/Cards/Board Games          1:00 "See It-Draw It" with Stephanie</p>	<p><b>THURSDAY, 10/12</b>   <b>SENIOR CENTER CLOSED</b>   <b>TRIP TO ARTHUR AVENUE</b></p>	<p><b>FRIDAY, 10/13 –GATSBY ROOM</b>          8:30 Exercise Video           9:30 <b>Muscle Toning</b> Video          10:30 <b>Book Club</b> with Tracy          12:15 <b>BINGO &amp; TREATS!</b>Bring a Friend!          1:00 <b>Chair Yoga</b> with Peggy</p>
<p><b>MONDAY, 10/16 – GATSBY ROOM</b>          9:30 <b>Line Dancing</b> with Theresa           10:00 – 2:00 <b>BAKE SALE</b>          10:30 Drawing, Games and Cards          10:30 <b>Strength &amp; Balance</b> with Sonya          12:15 <b>Crafts</b> with Julie          12:30 <b>Tai Chi</b> with Angela          1:00 Canasta Club          1:00 Bridge/Cards/Mahjong/Board Games</p>	<p><b>TUESDAY, 10/17</b>          8:30 <b>Low Impact Exercise</b> with Grace          10:00 – 2:00 <b>BAKE SALE</b>          10:30 <b>Muscle Toning</b> with Maryann          10:30 Drawing, Games and Cards          12:15 "<b>Balance and Safety in Your Home</b>"          With Susan Cohen, Physical Therapist          1:00 Bridge/Cards/Mahjong/Board Games</p>	<p><b>WEDNESDAY, 10/18</b>          10:00 – 2:00 <b>BAKE SALE</b>          10:15 <b>Tap Dancing</b> with Paula          10:30 Drawing, Games and Cards          12:30 <b>Energizing Exercise</b> with Evey          1:00 Mahjong/Bridge/Cards/Board Games          1:00 "See It-Draw It" with Stephanie</p>	<p><b>THURSDAY, 10/19</b>          9:30 <b>Intermediate Line Dancing</b>          10:00 – 2:00 <b>BAKE SALE</b>          10:30 Drawing, Games and Cards          12:15 <b>BINGO &amp; TREATS!</b>Bring a Friend!          1:00 Mahjong/Pokeno/Cards/Games          1:00 Canasta Club </p>	<p><b>FRIDAY, 10/20</b>   <b>SENIOR CENTER CLOSED</b></p>
<p><b>MONDAY, 10/23</b>          9:30 <b>Line Dancing</b> with Theresa          10:30 <b>Strength &amp; Balance</b> with Sonya          12:30 <b>Tai Chi</b> with Angela          1:00 Canasta Club          1:00 Bridge/Cards/Mahjong/Board Games</p>	<p><b>TUESDAY, 10/24</b>          8:30 <b>Low Impact Exercise</b> with Grace          10:30 <b>Muscle Toning</b> with Maryann          10:30 Drawing, Games and Cards          12:15 <b>Cookies &amp; Information</b> with "The Osborn"          1:00 Bridge/Cards/Mahjong/Board Games</p>	<p><b>WEDNESDAY, 10/25</b>          10:15 <b>Tap Dancing</b> with Paula          10:30 Drawing, Games and Cards          12:15 <b>Medicare Update</b> with Micaela          12:30 <b>Energizing Exercise</b> with Evey          1:00 Mahjong/Bridge/Cards/Board Games          1:00 "See It'-Draw It" with Stephanie</p>	<p><b>THURSDAY, 10/26</b>   <b>SENIOR CENTER CLOSED</b>   <b>TRIP TO CHRISTMAS TREE SHOP, LUNCH AND HOME GOODS</b></p>	<p><b>FRIDAY, 10/27</b>   <b>SENIOR CENTER CLOSED</b>   <b>TRIP TO EMPIRE CASINO</b></p>
<p><b>MONDAY, 10/30</b>          9:30 Line Dancing with Theresa          10:30 <b>Strength &amp; Balance</b> with Sonya          12:15 "<b>Scams Targeting Seniors</b>" with <b>Lt. Jeff Hunter, Eastchester Police Dept.</b>          1:00 Canasta Club          1:00 Bridge/Cards/Mahjong/Board Games</p>	<p><b>TUESDAY, 10/31</b>          8:30 <b>Low Impact Exercise</b> with Grace          10:30 <b>Muscle Toning</b> with Maryann          10:30 Drawing, Games and Cards          12:15 <b>Halloween Costume Parade!</b>          1:00 Bridge/Cards/Mahjong/Board Games</p>	<p><b>DAY TRIPS</b>  <b>Thursday, October 12</b>  <b>Thursday, October 26</b>  <b>Friday, October 27</b>  <b>Make Your Reservations!</b></p>	<p><b>BAKE SALE</b>  <b>October 16 - 19</b>    <b>PLEASE HELP SUPPORT THE SENIOR CENTER</b></p>	<p>  <b>BINGO &amp; TREATS!</b>  <b>October 6, 13 and 19</b></p>