

October 2024 Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	Senior Art Gallery Display begins	8:00-4:00 Walking Path 8:00 River Walking 8:30 Resist Chairs 9:30 Made By Hand 10:15 Sr. Exercise 12:30 Hand N Foot 1:00 Mah-jongg 1:00 Senior Sing-Along at Lowell	8:00-4:00 Walking Path 9:30 Cardio Drum 10:00 Rummikub 1:00 Advanced Line Dance 1:00 Language Learners	8:00-4:00 Walking Path 8:00 River Walking 9:00 Line Dance 9:30 Garden Club 12:30 Bridge 1:00 Acoustic Guitar 1:00 Mah-jongg 1:30 Cash Bingo	8:00-4:00 Walking Path 10:15 Sr. Exercise 11:00 Ukulele 11:00 Women's Billiards 1:00 Lowell Center Writers 1:00 Sheepshead	
6	7	8	9	10	11	12
	8:00-4:00 Walking Path 9:30 Cardio Drum 1:00 Wii Bowling	8:00-4:00 Walking Path 8:00 River Walking 8:30 Resist Chairs 9:30 Coffee Talk with the Mayor 9:30 Made By Hand 10:15 Sr. Exercise 12:30 Hand N Foot 1:00 Mah-jongg 2:00 Senior Sing Along at Renaissance	8:00-4:00 Walking Path 9:30 Cardio Drum 1:00 Advanced Line Dance 1:00 Bunco 1:00 Language Learners	8:00-4:00 Walking Path 8:00 River Walking 9:00 Line Dance 9:00 WRASCA Board Meeting 12:30 Bridge 1:00 Acoustic Guitar 1:00 Mah-jongg	8:00-4:00 Walking Path 10:15 Sr. Exercise 11:00 Ukulele 11:00 Women's Billiards 1:00 Sheepshead	
13	14	15	16	17	18	19
	8:00-4:00 Walking Path 9:30 Cardio Drum 1:00 Wii Bowling	8:00-4:00 Walking Path 8:00 River Walking 8:30 Resist Chairs 9:30-10:30 Blood Pressure Screening 9:30 Made By Hand 10:15 Sr. Exercise 12:30 Hand N Foot 1:00 Mah-jongg 2:00 Senior Sing-Along at Cranberry Ct	8:00-4:00 Walking Path 9:30 Cardio Drum 10:00 Rummikub 11:00 K9 & Jake Paltz 1:00 Advanced Line Dance 1:00 Language Learners	8:00-4:00 Walking Path 8:00 River Walking 9:00 Line Dance 9:30 Garden Club 12:30 Bridge 1:00 Mah-jongg 1:30 Cash Bingo	8:00-4:00 Walking Path 10:15 Sr. Exercise 11:00 Ukulele 11:00 Women's Billiards 1:00 Lowell Center Writers 1:00 Sheepshead	
20	21	22	23	24	25	26
	8:00-4:00 Walking Path 9:30 Cardio Drum 1:00 Wii Bowling	8:00-4:00 Walking Path 8:00 River Walking 8:30 Resist Chairs 9:30 Made By Hand 10:15 Sr. Exercise 12:30 Hand N Foot 1:00 Mah-jongg 1:00 Sew Cute Club 2:00 Senior Sing-Along at Nekoosa Ct	8:00-4:00 Walking Path 9:30 Cardio Drum 10:30 Premier Travel Show 1:00 Advanced Line Dance 1:00 Bunco 1:00 Language Learners	8:00-4:00 Walking Path 8:00 River Walking 9:00 Line Dance 12:30 Bridge 1:00 Silver Cinema "Knives Out" 1:00 Acoustic Guitar 1:00 Mah-jongg	8:00-4:00 Walking Path 10:15 Sr. Exercise 11:00 Ukulele 11:00 Women's Billiards 1:00 Sheepshead Senior Art Gallery voting ends	United Way Day Of Caring
27	28	29	30	31		
	8:00-4:00 Walking Path 9:30 Cardio Drum 10:30 Card Workshop 1:00 Wii Bowling 1:30 Book Club: "To A Better Place"	8:00-4:00 Walking Path 8:00 River Walking 8:30 Resist Chairs 9:30 Made By Hand 9:45 Holy Ghost Trip Departs 10:15 Sr. Exercise 12:30 Hand N Foot 1:00 Mah-jongg 2:00 Senior Sing-Along at Our House on 16th St	8:00-4:00 Walking Path 9:30 Cardio Drum 1:00 Advanced Line Dance Game Day and Halloween Party!!!!	8:00-4:00 Walking Path 8:00 River Walking 9:00 Line Dance 12:30 Bridge 1:00 Mah-jongg		