

Senior Calendar October 2019



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TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00
LifeStream Lunch 11:00

2

WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Ping Pong 9-12 pm
Pickleball 9-12 pm
Senior Spin 3;30
LifeStream Lunch 11:00

Craft Club 1:00
Woodcarving 6:00 pm

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THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9:00-12:00
Yoga w/ Paul 2:30pm
Senior Spin 3:30
LifeStream Lunch 11:00

Card Club 1:00

4

FRIDAY

Senior Fit Mix 8:30
Judy & Sharon's
Cardio Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm

Wine Craft

7

MONDAY

Strength & Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 3:30

LifeStream Lunch 11:00

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TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00
LifeStream Lunch 11:00

9

WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Ping Pong 9-12 pm
Pickleball 9-12 pm
Senior Spin 3:30
LifeStream Lunch 11:00
Woodcarving 6:00 pm

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THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9:00-12:00
Yoga w/ Paul 2:30pm
Senior Spin 3:30

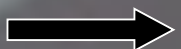
LifeStream Lunch 11:00

11

FRIDAY

Senior Fit Mix 8:30
Judy & Sharon's
Cardio Class 10
Ping pong 9 -12 pm
Pickleball 9-12 pm

October 14th-31st



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MONDAY

Strength& Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 3:30

LifeStream Lunch 11:00

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TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00

LifeStream Lunch 11:00

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WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Pickleball/PingPong 9-12
Senior Spin 3:30
LifeStream Lunch 11:00

Craft Club 1:00
Woodcarving 6:00 pm

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THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9:00-12:00
Senior Spin 3:30

LifeStream Lunch 11:00

Card Club 1:00

18

FRIDAY

Senior Fit Mix 8:30
Judy & Sharon's
Cardio class 10
Ping pong 9 -12 pm
Pickleball 9-12 pm

21

MONDAY

Strength& Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9:30-12 pm
Senior Spin 3:30

LifeStream Lunch 11:00

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TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am

LifeStream Lunch 11:00

23

WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Ping Pong 9-12 pm
Pickleball 9:30-12 pm
Senior Spin 3:30
LifeStream Lunch 11:00

Woodcarving 6:00 pm

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THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9:00-12:00
LifeStream Lunch 11:00

Senior Spin 3:30

25

FRIDAY

Senior Fit Mix 8:30
Judy & Sharon's
Cardio class 10
Ping pong 9 -12 pm
Pickleball 9-12 pm

28

MONDAY

Strength& Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9:-12 pm
Senior Spin 3:30

LifeStream Lunch 11:00

29

TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9-12pm
LifeStream Lunch 11:00

30

WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Ping Pong 9-12 pm
Pickleball 9--12 pm
Senior Spin 3:30

LifeStream Lunch 11:00

Woodcarving 6:00 pm

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THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9:00-12:00
LifeStream Lunch 11:00

Senior Spin 3:30
Silver Sneaker
Costume Contest