

GOSHEN SENIOR CENTER – OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/2 Aerobics: 9 - 10 Hooks & Needles: 10 - 12	10/3 Belly Dance for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	10/4 Move to be Fit: 9:45-10:45 Computer Q&A: 10 - 11 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	10/6 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3 *New-Mah Jongg: 12:30 - 3	10/6 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 Adult coloring: 1 - 3
10/9 Columbus Day CENTER CLOSED	10/10 Belly Dance for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	10/11 Move to be Fit: 9:45-10:45 Computer Q&A: 10 - 11 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	10/12 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3 *New-Mah Jongg: 12:30 - 3	10/13 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 Friday Quilters: 12:15 – 3:30
10/16 Aerobics: 9 - 10 Hooks & Needles: 10 – 12	10/17 Belly Dance for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	10/18 Move to be Fit: 9:45-10:45 Computer Q&A: 10 - 11 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	10/19 Senior Comm: 10 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3 *New-Mah Jongg: 12:30 - 3	10/20 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 Adult coloring: 1 - 3
10/23 Aerobics: 9 - 10 Hooks & Needles: 10 – 12 **PIZZA Lunch: 11:45 Senior Club meeting: 1	10/24 Belly Dance for Women: 10-10:45 Osteo exercise: 11 – 12 Lunchtime yoga: 12:15- 1:15 Beginners Line Dancing 1:30 – 2:30	10/25 Move to be Fit: 9:45-10:45 Computer Q&A: 10 - 11 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	10/26 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3 Make & Take Craft Class: 12:30 – 2 *New-Mah Jongg: 12:30 - 3	10/27 AARP Defensive Driving Course 9-4 Women’s book discussion: 11 - 1 Poker: 1 – 3
10/30 Aerobics: 9 - 10 Hooks & Needles: 10 - 12	10/31 Belly Dance for Women: 10-10:45 Osteo exercise: 11 – 12 Lunchtime yoga: 12:15- 1:15 Beginners Line Dancing 1:30 – 2:30			

**** Anyone wishing to participate in Pizza lunch on October 23rd. please see Bonnie no later than Friday October 20th. Cost for 2 slices and a drink is \$5.00**