

SUN	MON	TUE	WED	THUR	FRI	SAT
		<p>9:30 Agercise® Charles (Aerobics Studio) 9:30 Golf Putting / Golf Simulator (PG) 10:30 Bible Study (PAC) 10:30 Start Me Up With Charles (Aerobics Studio) <b>10:45 Men's Lunch Outing - The Slow Bone (OUT)</b> 11:30 Stretch &amp; Balance - Dan (Aerobics Studio) 1:00 Farkle Dice Game (GR) 1:00 Tai Chi - Teri (Aerobics Studio) <b>2:00 H2O Yoga with Dan (PO)</b> 2:00 Military Series (TH) <b>7:30 Nostalgic Notes Performance with Mark Dunn (PAC)</b></p> <p style="text-align: right;"><b>1</b></p>	<p>9:30 Agercise® Charles (Aerobics Studio) 10:30 Move &amp; Flex - Harriet (Aerobics Studio) 10:30 Blood Pressure Checks (L) 10:30 Open Swim Fitness (PO) <b>11:00 Rosh Hashana Gift Bags - Pick Up (Front Desk)</b> <b>11:30 Yoga with Harriet (Aerobics Studio)</b> <b>1:00 Healthy Living Talk With Kyle - Supercharge Your Diet (GR)</b> 1:00 Sole Mates - Walking Club (GS) 1:00 Golf Simulator (Billiards Room) 1:30 GUNSMOKE WEDNESDAY (Movie Theater) <b>2:00 Lumedra Music Works (PAC)</b> 3:00 Edgemere Choir Practice (PAC) <b>6:30 101 Tech Classes (GR)</b></p> <p style="text-align: right;"><b>2</b></p>	<p>9:30 Dancercise - Brandi (Aerobics Studio) 10:00 Bridge lessons with Gerri (GR) <b>10:00 Harris Jewelry Repair (AS)</b> 10:30 Agercise® Charles (Aerobics Studio) <b>11:00 Alzheimer's Annual Walk Donation Table 11 - 1pm (GS)</b> <b>1:00 Mahjong (CR)</b> 1:00 Tai Chi - Teri (Aerobics Studio) 2:00 H2O FIT - Brandi (PO) 2:00 Love &amp; Romance Movie (TH) 2:30 Touch Town support (GR) 7:30 Bingo (GR)</p> <p style="text-align: right;"><b>3</b></p>	<p>9:30 Dancercise - Brandi (Aerobics Studio) <b>10:00 Mahjong (CR)</b> 10:30 Balance &amp; Barre - Charles (Aerobics Studio) 11:30 Stretch &amp; Balance - Dan (Aerobics Studio) 1:00 Sole Mates - Walking Club (GS) <b>1:00 Trader Joes - Outing (OUT)</b> 1:30 Knit Wits (CR) 2:00 Friday &amp; Saturday Movie (TH) <b>2:30 Floral Club (AS)</b> <b>4:00 Happy hour with *New City Lights Band by Bobby Germany (PAC)</b></p> <p style="text-align: right;"><b>4</b></p>	<p><b>8:00 Keep Living Well 2024 Symposium (OUT)</b> 9:30 Body Blast (Aerobics Studio) 10:30 Open Swim Fitness (PO) 1:00 Sole Mates - Walking Club (GS) 1:00 Dominoes (GR) 2:00 Friday &amp; Saturday Movie (TH) <b>7:00 Mexican Train Game (GR)</b></p> <p style="text-align: right;"><b>5</b></p>
<p>10:00 Catholic Communion (GR) 10:30 Church Service (Non-Denominational) (PAC) 1:00 Dominoes (GR)</p> <p style="text-align: right;"><b>6</b></p>	<p>9:30 Body Fusion- Teresa (Aerobics Studio) <b>10:00 Art Class (Laura) (AS)</b> 10:00 Bridge lessons with Gerri (GR) <b>10:00 WoodShop Class With Gary (WoodShop)</b> <b>10:00 Claudia Wright Apparel Shopping (PAC)</b> 10:30 Balance &amp; Bar - Teresa (Aerobics Studio) 10:30 Open Swim Fitness (PO) 1:00 Sole Mates - Walking Club (GS) <b>1:00 Walgreens &amp; Tom Thumb** (OUT)</b> 1:00 Social Bridge (GR) 2:00 Musical Mondays Movie (TH)</p> <p style="text-align: right;"><b>7</b></p>	<p>9:30 Agercise® Charles (Aerobics Studio) 9:30 Golf Putting / Golf Simulator (PG) <b>10:00 WoodShop Class With Gary (WoodShop)</b> 10:30 Bible Study (PAC) <b>10:30 6 Week Balance Course with Brian Harmon (Aerobics Studio)</b> 11:30 Stretch &amp; Balance - Dan (Aerobics Studio) 1:00 Farkle Dice Game (GR) 1:00 Tai Chi - Teri (Aerobics Studio) <b>2:00 H2O Yoga with Dan (PO)</b> 2:00 Military Series (TH) <b>7:30 Steve Frazier Live Performance (PAC)</b></p> <p style="text-align: right;"><b>8</b></p>	<p>9:30 Agercise® Charles (Aerobics Studio) 10:30 Move &amp; Flex - Harriet (Aerobics Studio) <b>10:30 Beaded Dreams - Jewelry Making Class (GR)</b> 10:30 Blood Pressure Checks (L) 10:30 Open Swim Fitness (PO) <b>11:30 Yoga with Harriet (Aerobics Studio)</b> 1:00 Sole Mates - Walking Club (GS) 1:00 Golf Simulator (Billiards Room) 1:30 GUNSMOKE WEDNESDAY (Movie Theater) 3:00 Edgemere Choir Practice (PAC) <b>6:30 101 Tech Classes (GR)</b> 7:30 Park Cities Stamp Club (PAC)</p> <p style="text-align: right;"><b>9</b></p>	<p>9:30 Dancercise - Brandi (Aerobics Studio) 10:00 Bridge lessons with Gerri (GR) <b>10:00 Pumpkin Pour - Art Class with Barbara (AS)</b> 10:30 Agercise® Charles (Aerobics Studio) <b>11:00 Alzheimer's Annual Walk Donation Table 11 - 1pm (GS)</b> 1:00 Tai Chi - Teri (Aerobics Studio) <b>1:30 Book Club (GR)</b> 2:00 H2O FIT - Brandi (PO) 2:00 Love &amp; Romance Movie (TH) 2:30 Touch Town support (GR) 7:30 Bingo (GR)</p> <p style="text-align: right;"><b>10</b></p>	<p>9:30 Dancercise - Brandi (Aerobics Studio) <b>10:00 Mahjong (CR)</b> 10:00 Dudes and Donuts (GR) <b>10:00 Yappy Hour (Dog Park)</b> 10:30 Balance &amp; Barre - Charles (Aerobics Studio) 11:30 Stretch &amp; Balance - Dan (Aerobics Studio) 1:00 Sole Mates - Walking Club (GS) <b>1:00 Walmart** (OUT)</b> 1:30 Knit Wits (CR) 2:00 Friday &amp; Saturday Movie (TH) <b>2:00 Art Club Meeting (AS)</b> <b>3:00 Line Dancing with Diane (PAC)</b> <b>4:00 Happy Hour With Dave Tanner (PAC)</b></p> <p style="text-align: right;"><b>11</b></p>	<p>9:30 Body Blast (Aerobics Studio) 10:30 Open Swim Fitness (PO) 1:00 Sole Mates - Walking Club (GS) 1:00 Dominoes (GR) 2:00 Friday &amp; Saturday Movie (TH) <b>7:00 Mexican Train Game (GR)</b></p> <p style="text-align: right;"><b>12</b></p>
<p>10:00 Catholic Communion (GR) 10:30 Church Service (Non-Denominational) (PAC) 1:00 Dominoes (GR)</p> <p style="text-align: right;"><b>13</b></p>	<p><i>Indigenous Peoples' Day</i> 9:30 Body Fusion- Teresa (Aerobics Studio) 10:00 Bridge lessons with Gerri (GR) 10:30 Balance &amp; Bar - Teresa (Aerobics Studio) 10:30 Open Swim Fitness (PO) <b>12:30 Beginner Bridge with Gerrie (GR)</b> 1:00 Sole Mates - Walking Club (GS) <b>1:00 Walgreens &amp; Tom Thumb** (OUT)</b> 1:00 Social Bridge (GR) 2:00 Musical Mondays Movie (TH)</p> <p style="text-align: right;"><b>14</b></p>	<p>9:30 Agercise® Charles (Aerobics Studio) 9:30 Golf Putting / Golf Simulator (PG) 10:30 Bible Study (PAC) 11:30 Stretch &amp; Balance - Dan (Aerobics Studio) 1:00 Farkle Dice Game (GR) 1:00 Tai Chi - Teri (Aerobics Studio) <b>2:00 H2O Yoga with Dan (PO)</b> 2:00 Military Series (TH) <b>7:30 I Love Lucy Show! Live Lucy and Ricki Ricardo (PAC)</b></p> <p style="text-align: right;"><b>15</b></p>	<p>9:30 Agercise® Charles (Aerobics Studio) <b>10:30 Durbin Ear Clinic (CR)</b> 10:30 Move &amp; Flex - Harriet (Aerobics Studio) 10:30 Blood Pressure Checks (L) 10:30 Open Swim Fitness (PO) <b>11:30 Yoga with Harriet (Aerobics Studio)</b> 1:00 Sole Mates - Walking Club (GS) 1:00 Golf Simulator (Billiards Room) 1:30 GUNSMOKE WEDNESDAY (Movie Theater) 2:15 Dish with Dining (PC) 3:00 Edgemere Choir Practice (PAC) <b>4:00 Artist of the Month - Mrs. Martin art exhibit (AS)</b> <b>6:30 101 Tech Classes (GR)</b></p> <p style="text-align: right;"><b>16</b></p>	<p>9:30 Dancercise - Brandi (Aerobics Studio) 10:00 Bridge lessons with Gerri (GR) 10:30 Agercise® Charles (Aerobics Studio) <b>11:00 Alzheimer's Annual Walk Donation Table 11 - 1pm (GS)</b> <b>1:00 Mahjong (CR)</b> 1:00 Tai Chi - Teri (Aerobics Studio) 2:00 H2O FIT - Brandi (PO) 2:00 Love &amp; Romance Movie (TH) 2:30 Touch Town support (GR) <b>4:00 Resident Association (PAC)</b> <b>5:00 Oktober Fest Celebration 5 - 6:45pm (Circle Drive)</b> 7:30 Bingo (GR)</p> <p style="text-align: right;"><b>17</b></p>	<p>9:30 Dancercise - Brandi (Aerobics Studio) <b>10:00 Mahjong (CR)</b> 10:30 Balance &amp; Barre - Charles (Aerobics Studio) 11:30 Stretch &amp; Balance - Dan (Aerobics Studio) 1:00 Sole Mates - Walking Club (GS) <b>1:00 Target** (OUT)</b> 1:30 Knit Wits (CR) 2:00 Friday &amp; Saturday Movie (TH) <b>2:30 Floral Club (AS)</b> <b>4:00 Happy Hour With Doc Gibbs (PAC)</b></p> <p style="text-align: right;"><b>18</b></p>	<p>9:30 Body Blast (Aerobics Studio) 10:30 Open Swim Fitness (PO) 1:00 Sole Mates - Walking Club (GS) 1:00 Dominoes (GR) 2:00 Friday &amp; Saturday Movie (TH) <b>7:00 Mexican Train Game (GR)</b></p> <p style="text-align: right;"><b>19</b></p>
<p>10:00 Catholic Communion (GR) 10:30 Church Service (Non-Denominational) (PAC) 1:00 Dominoes (GR)</p> <p style="text-align: right;"><b>20</b></p>	<p><b>9:00 Ritu's Jewelry Sale (GS)</b> 9:30 Body Fusion- Teresa (Aerobics Studio) <b>10:00 Art Class (Laura) (AS)</b> 10:00 Bridge lessons with Gerri (GR) <b>10:00 WoodShop Class With Gary (WoodShop)</b> 10:30 Balance &amp; Bar - Teresa (Aerobics Studio) 10:30 Open Swim Fitness (PO) <b>12:30 Beginner Bridge with Gerrie (GR)</b> 1:00 Sole Mates - Walking Club (GS) <b>1:00 Walgreens &amp; Tom Thumb** (OUT)</b> 1:00 Social Bridge (GR) 2:00 Musical Mondays Movie (TH)</p> <p style="text-align: right;"><b>21</b></p>	<p>9:30 Agercise® Charles (Aerobics Studio) 9:30 Golf Putting / Golf Simulator (PG) <b>10:00 WoodShop Class With Gary (WoodShop)</b> 10:30 Bible Study (PAC) 11:30 Stretch &amp; Balance - Dan (Aerobics Studio) 1:00 Farkle Dice Game (GR) <b>1:00 Patriotic Presentation by Lt. Colonel Allen B. West (PAC)</b> 1:00 Tai Chi - Teri (Aerobics Studio) <b>2:00 H2O Yoga with Dan (PO)</b> 2:00 Military Series (TH) <b>7:30 Piano Duo Show by Astrid &amp; Gabriela (PAC)</b></p> <p style="text-align: right;"><b>22</b></p>	<p>9:30 Agercise® Charles (Aerobics Studio) 10:30 Move &amp; Flex - Harriet (Aerobics Studio) <b>10:30 Beaded Dreams - Jewelry Making Class (GR)</b> 10:30 Blood Pressure Checks (L) 10:30 Open Swim Fitness (PO) <b>11:30 Yoga with Harriet (Aerobics Studio)</b> 1:00 Sole Mates - Walking Club (GS) 1:00 Golf Simulator (Billiards Room) 1:30 GUNSMOKE WEDNESDAY (Movie Theater) 3:00 Edgemere Choir Practice (PAC) <b>6:30 101 Tech Classes (GR)</b> 7:30 Park Cities Stamp Club (PAC)</p> <p style="text-align: right;"><b>23</b></p>	<p>9:30 Dancercise - Brandi (Aerobics Studio) 10:00 Bridge lessons with Gerri (GR) 10:30 Agercise® Charles (Aerobics Studio) <b>11:00 Alzheimer's Annual Walk Donation Table 11 - 1pm (GS)</b> <b>1:00 Mahjong (CR)</b> <b>1:00 Card Making Class with Robyn (AS)</b> 1:00 Tai Chi - Teri (Aerobics Studio) 2:00 H2O FIT - Brandi (PO) 2:00 Love &amp; Romance Movie (TH) 2:30 Touch Town support (GR) <b>4:00 Current Events: Political Platforms with Randy (GR)</b> 7:30 Bingo (GR)</p> <p style="text-align: right;"><b>24</b></p>	<p>9:30 Dancercise - Brandi (Aerobics Studio) <b>10:00 Mahjong (CR)</b> 10:00 Dudes and Donuts (GR) 10:30 Balance &amp; Barre - Charles (Aerobics Studio) 11:30 Stretch &amp; Balance - Dan (Aerobics Studio) 1:00 Sole Mates - Walking Club (GS) <b>1:00 Aldi** (OUT)</b> 1:30 Knit Wits (CR) 2:00 Friday &amp; Saturday Movie (TH) <b>2:00 Art Club Meeting (AS)</b> <b>3:00 Line Dancing with Diane (PAC)</b> <b>4:00 Happy Hour with the Night Caps Jazz band (PAC)</b></p> <p style="text-align: right;"><b>25</b></p>	<p>9:30 Body Blast (Aerobics Studio) 10:30 Open Swim Fitness (PO) 1:00 Sole Mates - Walking Club (GS) 1:00 Dominoes (GR) 2:00 Friday &amp; Saturday Movie (TH) <b>7:00 Mexican Train Game (GR)</b></p> <p style="text-align: right;"><b>26</b></p>
<p>10:00 Catholic Communion (GR) 10:30 Church Service (Non-Denominational) (PAC) 1:00 Dominoes (GR)</p> <p style="text-align: right;"><b>27</b></p>	<p>9:30 Body Fusion- Teresa (Aerobics Studio) <b>9:30 Winstar - Casino Outing (OUT)</b> 10:00 Bridge lessons with Gerri (GR) 10:30 Balance &amp; Bar - Teresa (Aerobics Studio) 10:30 Open Swim Fitness (PO) <b>12:30 Beginner Bridge with Gerrie (GR)</b> 1:00 Sole Mates - Walking Club (GS) <b>1:00 Walgreens &amp; Tom Thumb** (OUT)</b> 1:00 Social Bridge (GR) 2:00 Musical Mondays Movie (TH) <b>4:00 Current Events with Randy (GR)</b></p> <p style="text-align: right;"><b>28</b></p>	<p>9:30 Agercise® Charles (Aerobics Studio) 9:30 Golf Putting / Golf Simulator (PG) <b>10:00 Early Voting Outing (OUT)</b> 10:30 Bible Study (PAC) 11:30 Stretch &amp; Balance - Dan (Aerobics Studio) 1:00 Farkle Dice Game (GR) 1:00 Tai Chi - Teri (Aerobics Studio) <b>2:00 H2O Yoga with Dan (PO)</b> 2:00 Military Series (TH) <b>3:00 Yappy Hour - Pet Halloween Costume Contest (Dog Park)</b> <b>7:30 2 Fools on 2 Stools Performance (PAC)</b></p> <p style="text-align: right;"><b>29</b></p>	<p>9:30 Agercise® Charles (Aerobics Studio) <b>10:00 Aboretum Botanical Garden - Outing (OUT)</b> 10:30 Move &amp; Flex - Harriet (Aerobics Studio) 10:30 Blood Pressure Checks (L) 10:30 Open Swim Fitness (PO) <b>11:30 Yoga with Harriet (Aerobics Studio)</b> 1:00 Sole Mates - Walking Club (GS) 1:00 Golf Simulator (Billiards Room) 1:30 GUNSMOKE WEDNESDAY (Movie Theater) 3:00 Edgemere Choir Practice (PAC) <b>6:30 101 Tech Classes (GR)</b></p> <p style="text-align: right;"><b>30</b></p>	<p>9:30 Dancercise - Brandi (Aerobics Studio) 10:00 Bridge lessons with Gerri (GR) 10:30 Agercise® Charles (Aerobics Studio) 1:00 Tai Chi - Teri (Aerobics Studio) 2:00 H2O FIT - Brandi (PO) 2:00 Love &amp; Romance Movie (TH) 2:30 Touch Town support (GR) <b>4:00 Halloween Party &amp; Costume Contest (PAC)</b> 7:30 Bingo (GR)</p> <p style="text-align: right;"><b>31</b></p>	<p><b>LOCATION KEY</b> AS - Art Studio CR - Club Room GR - Game Room GS - Grand Staircase L - Library</p>	<p>OUT - Outing PAC - Performing Arts Center PO - Pool PC - Portabella Cafe PG - Putting Green TH - Theater</p>

# October 2024

Independent Living

