



October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				9AM Coffee
				10AM Exercise
				11AM Activities
				12PM Lunch
				1PM Computers/TV
4	5	6	7	8
9AM Coffee	9AM Coffee	9AM Coffee	9AM Coffee	9AM Coffee
10AM Exercise	10AM Exercise	10AM Chair Yoga	10AM Exercise	10AM Exercise
11AM Activities	11AM Activities	11AM Activities	11AM - 12 PM	11AM Activities
12PM Lunch	12PM Lunch	12PM Lunch	Trail Walk	12PM Lunch
1PM Computers/ TV	1PM Computers/ TV	1PM Computers/ TV	1PM Farmers Market	1PM Computers/TV
11	12	13	14	15
	9AM Coffee	9AM Coffee	9AM Coffee	9AM Coffee
Columbus Day	10AM Exercise	10AM Exercise	10AM Exercise	10AM Exercise
Senior Center will be closed	11AM -2PM	11AM SHOP RITE	11AM Activities	11AM Activities
	American Dream Mall Trip	12PM Lunch	12PM Lunch	12PM BINGO/ Lunch
		1PM Computers/ TV	1PM Computers/TV	1PM Computers/ TV
18	19	20	21	22
	9AM Coffee	9AM Coffee	9AM Coffee	9AM Coffee
	10AM Exercise	10AM Exercise	10AM – 2PM	10AM Exercise
9AM - 12PM	11AM Activities	11AM Activities	Pumpkin Picking at	11AM Activities
Flu Vaccine Clinic	12PM Lunch	12PM Lunch	Demarest Farm	12PM Lunch
	1PM Computers/ TV	1PM Computers/ TV	Cost will be \$7.00	1PM Computers/TV
25	26	27	28	29
9AM Coffee	9AM Coffee	9AM Coffee	9AM Coffee	10:00AM – 2:00PM
10AM Exercise	10AM Exercise	10AM Exercise	10AM Exercise	Halloween Costume
11AM Activities	11AM-1PM	11AM SHOP RITE	11AM Activities	Party
12PM Lunch	Dollar Tree	12PM Lunch	12PM Lunch	October Birthdays
1PM Computers/ TV		1PM Computers/ TV	1PM Farmers Market	