

# FAIRPORT HARBOR SENIOR CENTER

## October 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1.</b></p> <p><b>Please note: NO EVENING ZUMBA ON 10/11</b></p>	<p><b>2.</b></p> <p>Tai-Chi/W.Colors 9am Arthritis Exer. 10:30am Lunch 11am Bingo/Movie Noon Card Making Noon Card Bingo 3pm Stretching 4-5pm Sewing 5:30-7:30p Zumba 5:45pm</p>	<p><b>3.</b></p> <p>Zumba 9am Yoga /BP Ck. 10am Hand &amp; Foot 10am Weights/Bands Noon Quilting/Knitting 1pm Mah Jongg 1pm Line Dancing 1:15pm Pound Fit 3:30pm <b>Council Mtg. 6:30pm</b></p>	<p><b>4.</b></p> <p><b>Coffee w/Cops 9am</b> Hearing 9am Colored Pencil 10am Arthritis Exer. 10:30am Card Games Noon Bridge/Pinochle 12:30pm Beg. Line Dance 4pm Zumba Mixed 5:45pm E. Bingo/Quilting 6pm</p>	<p><b>5.</b></p> <p>Zumba/Kick Fit 9am Handcrafts 9:30am Line Dance 10am Lunch 11:am Bingo Noon Pound Fit 3:30pm Country Music 6pm</p>	<p><b>6.</b></p> <p>Chair Massage 9am <b>ARK MTG. 9am</b> Hand &amp; Foot 10am Bunco 10am Arthritis Exer. 10:30am Weights/Bands Noon Mah Jongg 1pm</p>	<p><b>7.</b></p> <p>Weight Watchers 8:30am Weigh In 9am Meeting</p> <p>Exercise Room 8-11am</p>
<p><b>8.</b></p> <p><b>10/9 Columbus Day OFFICE CLOSED</b></p> <p><b>BOARD MTG. WILL BE HELD 10/16</b></p>	<p><b>9.</b></p> <p>Tai-Chi/W.Colors 9am Arthritis Exer. 10:30am NO LUNCH 11am Bingo/NO Movie Noon Fleece Noon Card Bingo 3pm Stretching 4-5pm Sewing 5:30-7:30p Zumba 5:45pm Coin Club 7pm</p>	<p><b>10.</b></p> <p>Zumba 9am Yoga /BP Ck. 10am Hand &amp; Foot 10am Weights/Bands Noon Quilting/Knitting 1pm Mah Jongg 1pm Line Dancing 1:15pm Pound Fit 3:30pm <b>POTLUCK 5pm</b></p>	<p><b>11.</b></p> <p><b>Podiatrist 9am</b> C.Pencil/C.of Aging 10am Arthritis Exer. 10:30am <b>Hospice 11:30am</b> Card Games Noon Bridge/Pinochle 12:30pm Beg. Line Dance 4pm <b>NO Zumba Mix 5:45pm</b> E. Bingo/Quilting 6pm Computers &amp; tec. 5:45pm</p>	<p><b>12.</b></p> <p>Zumba/Kick Fit 9am Handcrafts 9:30am Line Dance 10am Lunch 11:am Bingo Noon Scrapbooking Noon Medicare Enroll. Noon <b>Italy Mtg. 3pm</b> Pound Fit 3:30am Country Music 6pm</p>	<p><b>13.</b></p> <p>Chair Massage 9-12:15am Hand &amp; Foot 10am Medical Mutual 10am Arthritis Exer. 10:30am Weights/Bands Noon Mah Jongg 1pm</p>	<p><b>14.</b></p> <p>Weight Watchers 8:30am Weigh In 9am Meeting</p> <p>Exercise Room 8-11am</p>
<p><b>15.</b></p> <p><b>Make &amp; Take Paint Class today, 10/15, at Center must pre-pay 6PM.</b></p>	<p><b>16.</b></p> <p><b>BOARD MTG. 8:45am</b> Tai-Chi/W.Colors 9am Arthritis Exer. 10:30am Lunch 11am Layton 11:30am Bingo/Movie/Card Mak. Noon Card Bingo 3pm Stretching 4-5pm Sewing 5:30-7:30p Zumba 5:45pm <b>ARK TRIP LVS 8am</b></p>	<p><b>17.</b></p> <p>Zumba 9am <b>Hard Rock 9am</b> Yoga/BP Check 10am Hand &amp; Foot 10am Weight/Bands Noon Quilting/Knitting 1pm Mah Jongg 1pm Line Dancing 1:15pm Pound Fit 3:30pm <b>Council Mtg. 6:30pm</b> <b>ARK TRIP</b></p>	<p><b>18.</b></p> <p>C. Pen/C. of Aging 10am Arthritis Exer. 10:30am <b>Wine Outing 11:15am</b> Card Games Noon Bridge/Pinochle 12:30pm Beg. Line Dance 4pm Parkinson's 4:30pm Zumba Mixed 5:45pm E. Bingo/Quilting 6pm <b>ARK TRIP</b></p>	<p><b>19.</b></p> <p>Attorney 8:30am Zumba/Kick Fit 9am Handcrafts 9:30am Line Dance 10am Lunch 11:am Bingo Noon Pound Fit 3:30pm Country Music 6pm <b>ARK TRIP</b></p>	<p><b>20.</b></p> <p>Chair Massage 9-12:15am Hand &amp; Foot 10am Bunco 10am <b>Asian GroceryTour 10am</b> Arthritis Exer. 10:30am Weights/Bands Noon Mah Jongg 1pm <b>ARK TRIP Returns</b></p>	<p><b>21.</b></p> <p>Weight Watchers 8:30am Weigh In 9am Meeting</p> <p>Exercise Room 8-11am</p>
<p><b>22.</b></p>	<p><b>23.</b></p> <p>Tai-Chi/W.Colors 9am Arthritis Exer. 10:30am Margaritaville 10:45am Lunch 11am Bingo/Movie Noon Card Bingo 3pm Stretching 4-5pm Sewing 5:30-7:30p Zumba 5:45pm</p>	<p><b>24.</b></p> <p>Zumba 9am Yoga /BP Check 10am Hand &amp; Foot 10am Margaritaville 10:45am Weight/Bands Noon Quilting/Knitting 1pm M.Jongg 1pm Flu Shots 1pm Line Dancing 1:15pm Pound Fit 3:30pm</p>	<p><b>25.</b></p> <p>Podiatrist 10:30am Colored Pencil 10am Arthritis/Pod 10:30am Margaritaville 10:45am Card Games Noon Bridge/Pinochle 12:30pm Beg. Line Dance 4pm Zumba Mixed 5:45pm E. Bingo/Quilting 6pm</p>	<p><b>26.</b></p> <p>Mani's Pedi's 8am Zumba/Kick Fit 9am Handcrafts 9:30am Line Dance 10am Lunch 11:am Vial of Life 11am Bingo Noon Greeting Cards 1pm Pound Fit 3:30pm Country Music 6pm</p>	<p><b>27.</b></p> <p>Chair Massage 9-12:15am Hand &amp; Foot 10am Arthritis Exer. 10:30am Weights/Bands Noon Red Hatters Noon Mah Jongg 1pm</p>	<p><b>28.</b></p> <p>Weight Watchers 8:30am Weigh In 9am Meeting</p> <p>Exercise Room 8-11am</p>
<p><b>29.</b></p> <p><b>10/31 Cooking with Jim will start @ 2</b></p>	<p><b>30.</b></p> <p>Tai-Chi/W.Colors 9am Arthritis Exer. 10:30am NO Lunch 11am Bingo/No Movie Noon Card Bingo 3pm Stretching 4-5pm Sewing 5:30-7:30p Zumba 5:45pm</p>	<p><b>31.</b></p> <p>Zumba 9am Yoga /BP Check 10am Hand &amp; Foot 10am Weight/Bands Noon Quilting/Knitting 1pm M.Jongg/Cooking w/Jim 2pm Line Dancing 1:15pm Pound Fit 3:30pm</p>		<p><b>MATTER OF BALANCE STARTS ON NOVEMBER 6<sup>TH</sup> (MONDAY) TO DECEMBER 4<sup>TH</sup>.</b></p>	<p><b>ARK TRIP Oct. 16-20, 2017 MEETING 10/6</b></p>	<p><b>Payments for Oglebay, WV Holiday Lights &amp; Nativity Scenes/ Stan Hywet Hall are due now!</b></p>