

Serving 11:30 to 1:00 pm calendar is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3.	4.	5. 10:00 Dietary Committee meeting 4:00 Book Club	6.	7. 50/50	October 1 st 6:00 Oktoberfest Dinner and Dance at Young at Heart
10.	11. 10:00 Activity Meeting 12:00 AARP Sharp As A Tack 5:30 Bingo/Burgers	12.	13. 11:00-1:00 Library Day Horse Races	14. Birthday Sit Down Cake and Ice Cream Courtesy of Deer Trail Assisted Living 6:00 Battle of the Bands Events Complex	October 15th 6:00 Costumes & Cocktails at Sweetwater County Events Complex WEAR YOUR COSTUMES
17. 6:30 Ten Signs of Alzheimer's	18. Nutrition And Health Education	19.	20. 8:30-9:30 Blood Sugar and Cholesterol Checks	21. Hospital Serving Medication Take-back	
24. 11:30 Remember When 6:30 Remember When	25. Fitness Education 4:00 Board Meeting 5:30 Bingo/Tacos	26.	27. Nutrition and Health Education Pool Tournament 1:00 \$2 Bingo	28. 12:00 Swiftly Walking The 50	October 29 10:00 AM-2:00 PM Halloween Carnival at Young at Heart
31. 11:30 Halloween Sit-down	Mondays All day painting & cards 9:00 AM Advanced Tai Chi 9:00 AM to 3:00 PM: Painting 11:30 AM: Brain Game 5:30 PM: Jam Session 6:00 Dinner	Tuesdays 10:00 AM: TOPS 10:00 AM: Tai Chi 1:00 PM: Stretch and Move	Wednesdays 9:00 AM: Craft Class 9:00 AM: Advanced Tai Chi 12:00 PM: Old Maid 12:30 PM: Cribbage 1:00 PM-3:00 PM Painting	Thursdays 9:00 AM to 3:00 pm: Quilting 12:30 PM: Pinochle 1:00 PM: Stretch and Move	Fridays All Day Cards and Pool 9:30 AM: Wii Bowling 10:00 AM: Tai Chi 12:30 PM: Hand and Foot