

OCTOBER



2016

Mon	Tue	Wed	Thu	Fri
			1 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	2 Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30
3 Strength Training 9:00-10:00 Memoirs Writing Group 10:30 *Chair Massage 10:15-11:15	4 Men's Exercise Class 10:45- Women's Reflections 6:30	5 Chi Kung 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 COA CAFÉ 12:30	6 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	7 Strength Training 9:00-10:00 Dr. Campo Podiatrist (By Appointment Only) White Line Open Studio 1:30-3:30
10 COLUMBUS DAY COA CLOSED	11 COA Board Meeting 10:00 Men's Exercise Class 10:45 Women's Reflections 6:30	12 Chi Kung 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 COA CAFÉ 12:30 Free Legal Assistance (By Appointment Only) Bereavement 1:00-2:30 Beekeeping 6:00	13 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	14 Strength Training 9:00-10:00 Mystery Book Club 12:30-1:30 White Line Open Studio 1:30-3:30
17 Strength Training 9:00-10:00 *Chair Massage 10:15-11:15 Memoirs Writing Group 10:30 Flu Clinic 1:00-3:30	18 Men's Exercise Class 10:45 Women's Reflections 6:30	19 Chi Kung 8:30 Strength Training 9:00-10 Coffee Hour 10:00 Story Swap 11:00 COA CAFÉ 12:30 Adult Coloring Class 10:00  Open Enrollment 10:30	20 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	21 Strength Training 9:00-10:00 Shopping Trip 9:00 White Line Open Studio 1:30-3:30
24 Strength Training 9:00-10:00 *Chair Massage 10:15-11:15 Memoirs Writing Group 10:30 31 HALLOWEEN! See Mondays activities	25 Men's Exercise Class 10:45 Women's Reflections 6:30	26 Chi Kung 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 COA CAFÉ 12:30 Nick Pangakis 1:15 Bereavement 1:00-2:30	27 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	28 Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30