

# OCTOBER 2016 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<u>3</u> <b>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</b> <b>11:00 Bingo</b> <b>6:00pm New Beginnings Meeting</b>	<u>4</u> <b>9:00 Cribbage</b> <b>11:30 Lunch:</b> Cheeseburgers, Baked Beans, Cole Slaw, Desert, Beverage <b>5:30-6:30pm Zumba (\$4)</b>	<u>5</u> <b>10:00 Knitting Group</b> <b>10:00 Chess</b> <b>10:00-12:00 Quilt Class</b> <b>5:45 Hatha-Yoga w/ Joanne</b>	<u>6</u> <b>9:00 Cribbage</b> <b>10:00 Chair Yoga w/ Joanne: (\$5)</b> <b>11:30 Lunch: TBA</b> <b>4:30 Zumba (\$5)</b>	<u>7</u> <b>9:00 Cribbage</b> <b>9:00 Shopping Van</b> <b>11:00 Tai Chi (\$5)</b> <b>1:00-2:30 Line Dancing</b>
<u>10</u> <b><i>Columbus Day</i></b>  <b><i>Sr. Center Closed</i></b>  <i>Thanksgiving Day, Canada</i>	<u>11</u> <b>9:00 Cribbage</b> <b>11:30 Lunch:</b> Soup, Ham & Pickle Sandwiches, Crackers, Chips, Dessert, Bev. <b>5:30-6:30pm Zumba (\$4)</b> <i>Yom Kippur begins at sundown</i>	<u>12</u> <b>9:00 FOAS Meeting</b> <b>10:00 Knitting Group</b> <b>10:00 Chess</b> <b>10:00-12:00 Quilt Class</b> <b>5:45 Hatha-Yoga w/ Joanne</b>	<u>13</u> <b>9:00 Cribbage</b> <b>10:00 Chair Yoga w/ Joanne: (\$5)</b> <b>11:30 Lunch: TBA</b> <b>4:30 Zumba (\$5)</b>	<u>14</u> <b>9:00 Cribbage</b> <b>9:00 Shopping Van</b> <b>11:00 Tai Chi (\$5)</b> <b>1:00-2:30 Line Dancing</b>
<u>17</u> <b>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</b> <b>11:00 Bingo</b> <b>6:00pm New Beginnings Meeting</b>	<u>18</u> <b>9:00 Cribbage</b> <b>11:30 Lunch:</b> 3-Cheese Chicken Bake, Vegetable, Cranberry Sauce, Rolls, Dessert, Beverage <b>5:30-6:30pm Zumba (\$4)</b> <b>6:00 COA Meeting</b>	<u>19</u> <b>10:00 Chess</b> <b>10:00 Knitting Group</b> <b>10:00-12:00 Quilting Class</b> <b>5:45 Hatha-Yoga w/ Joanne</b>	<u>20</u> <b>9:00 Cribbage</b> <b>10:00 Chair Yoga w/ Joanne: (\$5)</b> <b>11:30 Lunch: TBA</b> <b>4:30 Zumba (\$5)</b>	<u>21</u> <b>9:00 Cribbage</b> <b>9:00 Shopping Van</b> <b>11:00 Tai Chi (\$5)</b>
<u>24</u> <b>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</b> <b>11:00 Bingo</b> <b>6:00pm New Beginnings Meeting</b> <i>Early voting begins at Town Hall</i>	<u>25</u> <b>9:00 Cribbage</b> <b>11:30 Lunch:</b> Chinese Chop Suey, Rice, Gr. Bean & Pineapple Casserole, Rolls, B-Cake, Beverage <b>5:30-6:30pm Zumba (\$4)</b>	<u>26</u> <b>10:00 Knitting Group</b> <b>10:00 Chess</b> <b>10:00-12:00 Quilting Class</b> <b>5:45 Hatha-Yoga w/ Joanne</b>  <i>Erie Canal completed, 1825</i>	<u>27</u> <b>9:00 Cribbage</b> <b>10:00 Chair Yoga w/ Joanne: (\$5)</b> <b>11:30 Lunch: TBA</b> <b>4:30 Zumba (\$5)</b>	<u>28</u> <b>9:00 Cribbage</b> <b>9:00 Shopping Van</b> <b>11:00 Tai Chi (\$5)</b>  <i>Timber Rattlesnakes move to winter dens</i>
<u>31</u> <b>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</b> <b>11:00 Bingo</b> <b>6:00pm New Beginnings Meeting</b>  <b>HALLOWEEN</b>	<i>10/2 Rosh Hashanah begins at sundown</i> <i>10/8 John Hancock died , 1793</i> <i>10/15 Full Hunter's Moon</i> <i>10/25 Little Brown Bats hibernate now</i>	<i>10/29 Community Craft Fair</i> <i>10/30 New Moon</i> <i>10/31 Reformation Day</i>	<b>Note: Signup for Nov. 15 Turkey Dinner will take place on Friday, Nov. 4 from 9-11AM at the Senior Center. Space is limited. No phone calls. \$5.00 per person. Non refundable.</b>	<i>Do you have any suggestions re: day trips for seniors that the FOAS may consider? Speak to Richard McCollem or leave info in FOAS box in Sr. Ctr. office. Thank you.</i>  <i>Menu subject to change.</i>

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