

OCTOBER SENIOR ACTIVITIES

WE WILL RESUME OUR CRAFTING AND ROCK PAINTING IN NOVEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>DON'T FORGET TO EXERCISE!!!!</p>	<p>Go visit someone who is Homebound</p>	<p>Take care of yourself, it's never too late!!!</p>	<p>Treat yourself to something you don't usually eat. Splurge!! You deserve it.</p>	<p>1</p>
<p>4 10:30 AM \$1 BINGO ROOM #2 </p>	<p>5 10:00 AM WALK A MILE </p>	<p>6 We will be starting Christmas Crafts in November</p>	<p>7 10:00 AM \$1 BINGO ROOM #2 </p>	<p>8</p>
<p>11 10:30 AM \$1 BINGO ROOM #2 </p>	<p>12 10:00 AM WALK A MILE </p>	<p>13 We will be starting Christmas Crafts in November</p>	<p>14 10:00 AM \$1 BINGO ROOM #2 </p>	<p>15</p>
<p>18 10:30 AM \$1 BINGO ROOM #2 </p>	<p>19 10:00 AM WALK A MILE </p>	<p>20 We will be starting Christmas Crafts in November</p>	<p>21 10:00 AM \$1 BINGO ROOM #2 </p>	<p>22</p>
<p>25 10:30 AM \$1 BINGO ROOM #2 </p>	<p>26 10:00 AM WALK A MILE </p>	<p>27 We will be starting Christmas Crafts in November</p>	<p>28 10:00 AM \$1 BINGO ROOM #2 </p>	<p>29</p>

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