



OCTOBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9-11:00 Independent Exercise 10:00 Village Stretching Independent Pool Appointments By Appt. 12-3pm	2 9:30 Bible Study & Prayer Wellness Center 2:00 Canasta or Pay to Play Wellness Center	3 <u>Amanda NOT Available.</u> 2-4pm Flu Shots Wellness Center DON'T LET THE FLU GET TO YOU!	4 <u>Amanda NOT Available.</u> Beauty/Barber Shop Village Lake Suites 3:00-Worship Services Mitchell Chapel	5 9-11:00 Independent Exercise 10:00 Chair Aerobics Independent Pool Appointments By Appt. 8am-11am	6
7 8:45 AM - Bus to First & Central Baptist Churches 9:30 AM - Sunday School 3:00 PM - Worship Services Mitchell Chapel	8 9-11:00 Independent Exercise 10:00 Village Stretching Independent Pool Appointments By Appt. 12-3pm	9 9:30 Bible Study & Prayer Wellness Center 2:00 Canasta or Pay to Play Wellness Center	10 10:00 Water Aerobics Independent Pool Appt. By Appt. 8-9am, 1-3pm 1:15 Bingo Wellness Center	11 Beauty/Barber Shop Village Lake Suites 9-11:00 Independent Exercise 3:00-Worship Services Mitchell Chapel	12 9-11:00 Independent Exercise 10:00 Chair Aerobics Independent Pool Appointments By Appt. 8am-11am	13
14 8:45 AM - Bus to First & Central Baptist Churches 9:30 AM - Sunday School 3:00 PM - Worship Services Mitchell Chapel	15 9-11:00 Independent Exercise 10:00 Village Stretching Independent Pool Appointments By Appt. 12-3pm	16 9:30 Bible Study & Prayer Wellness Center 2:00 Canasta or Pay to Play Wellness Center	17 10:00 Water Aerobics Independent Pool Appointments By Appt. 8-9am, 1-3pm	18 Beauty/Barber Shop Village Lake Suites 9-11:00 Independent Exercise 3:00-Worship Services Mitchell Chapel	19 9-11:00 Independent Exercise 10:00 Chair Aerobics Independent Pool Appointments By Appt. 8am-11am	20
21 8:45 AM - Bus to First & Central Baptist Churches 9:30 AM - Sunday School 3:00 PM - Worship Services Mitchell Chapel	22 9-11:00 Independent Exercise 10:00 Village Stretching Independent Pool Appointments By Appt. 12-3pm	23 9:30 Bible Study & Prayer Wellness Center 2:00 Canasta or Pay to Play Wellness Center	24 10:00 Water Aerobics Independent Pool Appointments By Appt. 8-9am, 1-3pm	25 Beauty/Barber Shop Village Lake Suites 9-11:00 Independent Exercise 3:00-Worship Services Mitchell Chapel	26 9-11:00 Independent Exercise 10:00 Chair Aerobics Independent Pool Appointments By Appt. 8am-11am	27
28 8:45 AM - Bus to First & Central Baptist Churches 9:30 AM - Sunday School 3:00 PM - Worship Services Mitchell Chapel	29 9-11:00 Independent Exercise 10:00 Village Stretching Independent Pool Appointments By Appt. 12-3pm	30 9:30 Bible Study & Prayer Wellness Center 2:00 Canasta or Pay to Play Wellness Center	31 10:00 Water Aerobics Independent Pool Appt. By Appt. 8-9am, 1-3pm 1:15pm BOOingo (Bingo) Wellness Center	Welcome OCTOBER be good!		