








SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Truck Load Balance & Fitness 10:00 Dementia Presentation 10:45	4 ALDI Bingo 10:45AM 	5 Thrift Store Balance & Fitness 10:00 HealthyTeam 10:45	6 Walmart PICNIC At Sunny Brook 	7 
8	9 Hair Cuts @Blue Ridge	10 Truck Load Balance & Fitness 10:00 NAME THAT TUNE 10:45	11 Go Store! Deals With Don 10:45	12 Mighty \$ Dollar Balance & Fitness 10:00 HealthyTeam 10:45	13 Walmart	14
15	16 Walmart Birthday Celebration Art Class 10:30	17 Truck Load Balance & Fitness 10:00 Blood Pressure Check 10:45	18 ALDI Bingo 10:45 	19 Thrift Store Balance & Fitness 10:00 HealthyTeam 10:45	20 Walmart	21
22	23 Dollar \$ Tree Crafts With Francis! 10:30	24 Truck Load Balance & Fitness 10:00	25 Go Store! Bingo 10:45 	26 Mighty Dollar Balance & Fitness 10:00 HealthyTeam 10:45	27 Lunch Out!  Walmart	28
29	30 Leaf Lookers	31 Truck Load HALLOWEEN Costumes Please Balance & Fitness 10:00	1 ALDI Bingo 10:45 	2 Thrift Store Balance & Fitness 10:00 HealthyTeam 10:45	3 Walmart	4

The Center Hours are Monday-Friday 9:00AM-1:00PM
Lunch is served Monday-Friday at 11:45AM