

828-698-8571

828-692-3320

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:45 Listening Session County Commis. Candidate MahJong group 1:00 COA Resources	2 Balance & Fitness 10:00	3 Bingo 10:45 	4 Balance & Fitness 10:00	5 CHAIR YOGA 10:00	6
7	8 HAIR CUTS 10:30 COA Resources MahJong group 1:00	9 Balance & Fitness 10:00	10 Deals Day 10:45 	11 Balance & Fitness 10:00	12 CHAIR YOGA 10-12 FLU SHOTS	13
14	15 10:30 Bob Pompeno Mah Jong group 1:00 COA Resources	16 Balance & Fitness 10:00 Blood Pressure Check	17 Bingo 10:45 	18 Balance & Fitness 10:00	19 CHAIR YOGA 10:00	20
21	22 Birthday Celebration Clothing Exchange MahJong group 1:00 COA Resources	23 Balance & Fitness 10:00	24 Bingo 10:45 	25 Balance & Fitness 10:00	26 CHAIR YOGA 10:00	27 
Have fun and Dress for Halloween	29 10:30 SHIPP Insurance MahJong group 1:00 COA Resources	30 Balance & Fitness 10:00	31 Bingo 10:45  Halloween	1 Balance & Fitness 10:00	2 CHAIR YOGA 10:00	3

The Center Hours are Monday-Friday 9:00AM-1:00PM

Lunch is served Monday-Friday at 11:45AM