

GOSHEN SENIOR CENTER – OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/1 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga 10:30 – 11:30 Yoga: 1-2	10/2 Happy Hips & Fab Abs for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	10/3 Move to be Fit: 9:45- 10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 – 3 Mah Jongg: 1:30 - 4	10/4 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3	10/5 Yoga: 9:45 -10:45 Osteo exercise: 11 – 12 Poker: 12 – 3 Learn to Square Dance: 12:15 – 1:30 Adult coloring: 1 – 3
10/8 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga 10:30 – 11:30	10/9 Happy Hips & Fab Abs for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	10/10 Move to be Fit: 9:45- 10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 – 3 Mah Jongg: 1:30 - 4	10/11 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3	10/12 Yoga: 9:45 -10:45 Osteo exercise: 11 – 12 Poker: 12 – 3 Learn to Square Dance: 12:15 – 1:30
10/15 AARP DEFENSIVE DRIVING CLASS 9:00 – 4:30 All banquet room activities cancelled! Orange County Senior Council Fall Luncheon:12 at Kuhl’s Highland House Mdtn	10/16 Happy Hips & Fab Abs for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	10/17 Move to be Fit: 9:45- 10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 – 3 Mah Jongg: 1:30 - 4	10/18 Yoga: 9:30 -10:15 Senior Commission:10 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 – 3	10/19 Yoga: 9:45 -10:45 Osteo exercise: 11 – 12 Poker: 12 – 3 Learn to Square Dance: 12:15 – 1:30 Adult coloring: 1 – 3
10/22 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga CANCELLED *Senior Barbeque 11:30 Senior Club meeting 1	10/23 Happy Hips & Fab Abs for Women: 10-10:45 Osteo exercise: 11 –12 Lunchtime yoga: 12:15- 1:15 Beginners Line Dancing 1:30 – 2:30	10/24 Move to be Fit: 9:45- 10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 – 3 Mah Jongg: 1:30 - 4	10/25 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 – 3 Make & Take Crafts: 12:30 - 3	10/26 Yoga: 9:45- 10:45 Osteo exercise: 11 – 12 Women’s book discussion: 11 – 1 Poker: 12 – 3 Learn to Square Dance: 12:15 – 1:30
10/29 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga 10:30 – 11:30 Yoga: 1-2	10/30 Happy Hips & Fab Abs for Women: 10-10:45 Osteo exercise: 11 –12 Lunchtime yoga: 12:15- 1:15 Beginners Line Dancing 1:30 – 2:30	10/31 Move to be Fit: 9:45- 10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 – 3 Mah Jongg: 1:30 - 4		

***Senior Barbeque is being sponsored by James O’Donnell candidate for Congress and is FREE to all Goshen Seniors! RESERVATIONS ARE REQUIRED NO LATER THAN MONDAY OCT 15TH!**