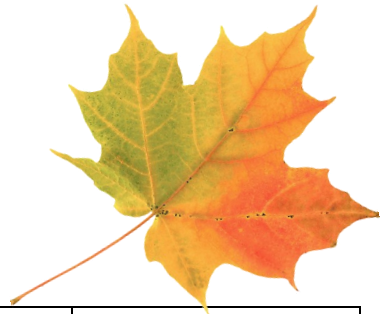
Uptown Senior Center
October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Live Music Wednesday & Thursday 9-11:30 am						**1** 8:15-9:30 am American War Mothers 9-12 pm Stained Glass* 10-11am Tai Chi*
2 12:30-3 pm Open Bridge Play	**3** 9-9:45 am Chair Fitness 12:30-4 pm Whittier Bridge 1pm Monday Movie 1-2:30 pm Balance 1:30-2:30 pm Beg. Line Dancing* 3 pm Ping Pong	**4** 9:30-11:30 am Watercolor* 10-11 am Tai Chi* 10:30 Flu Pres. 1-2:30 pm Balance 12:30-3:30 pm Canasta 1:30-2:30 pm Strength and Flexibility* 6:30pm Legal Consulting	**5** 9-9:45 am Chair Fitness 9-11 am Needle Crafters 9-12 pm Quilting* 12:30-3:30 pm Canasta 5:30 pm-Fun w/ Fabric 6-7pm Zumba Gold*	**6** 9-12 pm Quilting* 9-11:30 am Chess 9:30-11am Yoga 10-11am Blood Pressure 11:30-12:30 pm Tai Chi* 1pm Movie 1-2:30 pm Balance 1-3 pm Needle Crafters 1:30-2:30 pm Strength & Flexibility*	**7** 9-9:45 am Chair Fitness 10-11am Writing Group 12-2 pm Diabetes workshop 1-4 pm Beading 1 pm Friday Flicks 1:30-3 pm Line Dance*	**8** 9-12 pm Stained Glass* 10-11am Tai Chi*
9 12:30-3 pm Open Bridge Play	**10** 9-9:45 am Chair Fitness 12:30-4 pm Whittier Bridge 1pm Monday Movie 1-2:30 pm Balance 1:30-2:30 pm Beg. Line Dancing* 3 pm Ping Pong	**11** 9:30-11:30 am Watercolor* 10-11 am Tai Chi* 10 am Dermascan 10:30 LIS Presentation 1-2:30 pm Balance 12:30-3:30 pm Canasta 1:30-2:30 pm Strength and Flexibility*	**12** 9-9:45 am Chair Fitness 9-11 am Needle Crafters 9-12 pm Quilting* 10 am Blood Sugar testing 10-1 pm Kinship Support 12:30-3:30 pm Canasta 1-3 pm Writing /Family 5:30 pm-Fun w/ Fabric 6-7pm Zumba Gold*	**13** 9-12 pm Quilting* 9-11:30 am Chess 9:30-11am Yoga* 11:30-12:30 pm Tai Chi* 1 pm Movie 1-2:30 pm Balance 1-3 pm Needle Crafters 1:30-2:30 pm Strength & Flexibility*	**14** 9-9:45 am Chair Fitness 10-11am Writing Group 12-2 pm Diabetes Workshop 1-4 pm Beading 1 pm Friday Flicks 1:30-3 pm Line Dance*	**15** 9-12 pm Stained Glass* 10-11am Tai Chi* 10-12pm Disabled Vets
16 12:30-3 pm Open Bridge Play	**17** 9-9:45 am Chair Fitness 12:30-4 pm Whittier Bridge 1pm Monday Movie 1-2:30 pm Balance 1:30-2:30 pm Beg. Line Dancing* 3 pm Ping Pong	**18** 9:30-11:30 am Watercolor* 10-11 am Tai Chi* 12:30-3:30 pm Canasta 1-2:30 pm Balance 1:30-2:30 pm Strength and Flexibility* 6:30-9:30 p.m. American Legion	**19** 9-9:45 am Chair Fitness 9-11 am Needle Crafters 9-12 pm Quilting* 12:30-3:30 pm Canasta 5:30 pm-Fun w/ Fabric* 6-7pm Zumba Gold*	**20** 9-12 pm Quilting* 9-11:30 am Chess 9:30-11am Yoga* 11:30-12:30 pm Tai Chi* 1 pm Movie 1-2:30 pm Balance 1-3 pm Needle Crafters 1:30-2:30 pm Strength & Flexibility*	**21** 9-9:45 am Chair Fitness 10-11am Writing Group 12-2 pm Diabetes Workshop 1-4 pm Beading 1 pm Friday Flicks 1:30-3 pm Line Dance*	**22** 9-12 pm Stained Glass* 10-11am Tai Chi*
23 12:30-3 pm Open Bridge Play	**24** 9-9:45 am Chair Fitness 12:30-4pm Whittier Bridge 1pm Monday Movie 1-2:30 pm Balance 1:30-2:30pm Beg. Line Dancing* 3pm Ping Pong	**25** 9:30 am Watercolor* 10-11 am Tai Chi* 12:30-3:30 pm Canasta 1-2:30 pm Balance 1:30-2:30 pm Strength and Flexibility*	**26** 9-9:45 am Chair Fitness 9-11 am Needle Crafters 9-12 pm Quilting* 10-1 pm Kinship Support 12:30-3:30 pm Canasta 1 pm Halloween Craft 1-3 pm Writing /Family 5:30 pm-Fun w/ Fabric* 6-7 pm Zumba Gold*	**27** 9-12 pm Quilting* 9-11:30 am Chess 9:30-11am Yoga* 11:30-12:30 pm Tai Chi* 1 pm Movie 1-2:30 pm Balance 1-3 pm Needle Crafters 1:30-2:30 pm Strength & Flexibility*	**28** 9-9:45 am Chair Fitness 10-11am Writing Group 12-2 pm Diabetes Workshop 1-4 pm Beading 1 pm Friday Flicks 1:30-3 pm Line Dance*	**29** 9-12 pm Stained Glass* 10-11am Tai Chi*
30 12:30-3 pm Open Bridge Play	**31** 9-9:45 am Chair Fitness 12:30-4 pm Whittier Bridge 1 pm Monday Movie 1-2:30 pm Balance 1:30-2:30 pm Beg. Line Dancing* 3 pm Ping Pong					***Registration and/or fee required**

Parnell Park
October 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 8 am Outdoor Meditation *apt required 9 am Creative Painting
2	3 8:30am Live Chair Fitness 10 am Yoga* 12 pm Indoor Badminton	4 9 am Creative Painting* 9 am Chess Club 10 am Movie 11 am Bodhi Meditation 1 pm Writing Group	5 8:30 am Chair Fitness 10 am Domino Club 1 pm Wednesday Flick 1 pm Line Dance-Int.* 2 pm Line Dance- Beg*	6 9:30 am Bingo 12 pm Blood Pressure 1 pm Thursday Flick 1 pm Intro to Comp.* 2 pm Exploring the Web* 6 pm Zumba Gold*	7 8:30 am Chair Fitness 8:30 am Walking Club 10 am Needlework 10:30 Hearing Check 10 am Tai Chi* 12 pm Dental Presentation	8 8 am Outdoor Meditation *apt required 9 am Creative Painting
9	10 8:30am Live Chair Fitness 10 am Yoga* 12 pm Indoor Badminton	11 9 am Creative Painting* 9 am Chess Club 10 am Movie 11 am Bodhi Meditation 1 pm Writing Group	12 8:30 am Chair Fitness 9 am Café Parnell 9 am Blood Sugar 10 am Domino Club 1 pm Wednesday Flick 1 pm Line Dance-Int.* 2 pm Line Dance- Beg*	13 9:30am Bingo 1 pm Thursday Flick 10:30 am Low Subsidy Presentation 1 pm Intro to Comp.* 2 pm Exploring the Web* 6 pm Zumba Gold*	14 8:30am Chair Fitness 8:30am Walking Club 10 am Needlework 10 am Tai Chi* 1pm ARC Presentation	15 8 am Outdoor Meditation *apt required 9 am Creative Painting
16	17 8:30am Live Chair Fitness 9am Hiking Club 10 am Yoga* 12 pm Indoor Badminton	18 9 am Creative Painting* 9 am Chess Club 9-11 am Craft 10 am Movie 11 am Bodhi Meditation 1 pm Writing Group	19 8:30 am Chair Fitness 10 am Domino Club 10:30am BINGO-AGA 1 pm Wednesday Flick 1 pm Line Dance-Int.* 2 pm Line Dance- Beg*	20 9am Dig. Tutorial 9:30am Bingo 1 pm Thursday Flick 1 pm Intro to Comp.* 2 pm Exploring the Web* 6 pm Zumba Gold*	21 8:30 am Chair Fitness 8:30 am Walking Club 10 am Needlework 10 am Tai Chi*	22 8 am Outdoor Meditation *apt required 9 am Creative Painting
23	24 8:30am Live Chair Fitness 10 am Yoga* 12 pm Indoor Badminton	25 9 am Creative Painting* 9 am Chess Club 10 am Movie 10:30 am BINGO 11 am Bodhi Meditation 1 pm Writing Group 4 pm Dinner & Movie*	26 8:30 am Chair Fitness 10 am Domino Club 10 am Halloween Party 1 pm Wednesday Flick 1 pm Line Dance-Int.* 2 pm Line Dance- Beg*	27 9:30am Bingo 1 pm Thursday Flick 1 pm Intro to Comp.* 2 pm Exploring the Web* 6 pm Zumba Gold*	28 8:30 am Chair Fitness 8:30 am Walking Club 9 am Hand Spa 10 am Needlework 10 am Tai Chi* 12 pm Birthday Celebra-tions	29 8 am Outdoor Meditation *apt required 9 am Creative Painting
30	31 8:30am Live Chair Fitness 10 am Yoga* 12 pm Indoor Badminton					*Registration and/or fee required