



	1 Woodhaven Retirees 9:00 Movin' & Groovin' 10:00 Brain Aerobics 11:00 Monroe Ford Retirees 12:30 Pinochle 2:00 Line Dancing 3:00 Balance 5:00 <i>White Elephant Bingo</i> 5:30 Chair Yoga	2 8:30 Exercise Assist. w/Barb G. 10:15 Chair Yoga 10:30 Therapy Dog 11:00 15/15 with Dave 11:30 Enhance®Fitness 1:30 Bingo 6:00 Woodcarvers 7:00 Coin Club	3 Birthday Dinner 9:00 Movin' & Groovin' 9:00 Euchre 10:30 BP/Sugar—Magnum 12:30 Pinochle 12:30 Sometimer's Euchre 3:00 Balance 5:15 Movie	4 Good Time Cruisers 10:15 Chair Yoga Medicare Assistance w/Jackie 11:30 Enhance®Fitness 11:30 Library in Motion 1:00 Organ/Scripture 2:00 Special Movie Day 7:00 Model A Club	5 9:00 Euchre 12:00 Beginning T'ai Chi 12:30 and 1:30 T'ai Chi 12:30 Hand & Foot 1:00 Crocheting 2:15 Tap Dancing	6 10:00 Fitness 12:30 Euchre Tournament
7 Sunday Dinner 11 a.m. to 1 p.m.	8 Canasta 9:00 Movin' & Groovin' 10:00 Brain Aerobics 12:30 Pinochle 2:00 Line Dancing 3:00 Balance 5:00 <i>White Elephant Bingo</i> 5:30 Chair Yoga	9 <u>Breakfast 7:00-1:00</u> SMA/MCC Class of '58 MCOP Support Services 8:30 Ex. Assist. w/Barb G. 10:15 Chair Yoga 10:30 Therapy Dog 11:00 15/15 with Dave 11:30 Enhance®Fitness 1:30 Bingo 6:00 Woodcarvers	10 Monroe Senior Legal 9:00 Movin' & Groovin' 9:00 Euchre 12:30 Pinochle 12:30 Sometimer's Euchre 3:00 Balance 5:15 Happy Days show	11 Good Time Cruisers 10:15 Chair Yoga Medicare Assistance w/Jackie 11:30 Enhance®Fitness 1:00 Organ 1:30 Tea Party with Jewelry & Scarf Swap 7:30 Stamp Club	12 9:00 Euchre 11:30 BP with Great Lakes Caring 12:00 Begin. T'ai Chi 12:30 and 1:30 T'ai Chi 12:30 Hand & Foot 1:00 Crocheting 2:15 Tap Dancing	13 10:00 Fitness 12:30 Euchre Tournament
14 Sunday Bingo Sunday Dinner 11 a.m. to 1 p.m.	15 Food Commodities \$6 Lunch Fund Raiser with Music by Manny 9:00 Movin' & Groovin' 10:00 Brain Aerobics 12:30 Pinochle 2:00 Dancing/3:00 Balance 5:00 <i>White Elephant Bingo</i> 5:00 Community Ed. Class 5:30 Chair Yoga/6:00 Sewing	16 Holcim Breakfast 8:30 Ex. Assist. w/Barb 10:15 Chair Yoga 10:30 Therapy Dog 11:00 15/15 with Dave 11:30 Enhance®Fitness 1:30 Bingo 6:00 Woodcarvers	17 Class of '67 Breakfast 9:00 Movin' & Groovin' 9:00 Euchre MHS Class of '68 Lunch 11:00 BP w/Ohioans HHC 12:30 Pinochle 12:30 Sometimer's 3:00 Balance 4:00 Wii Bowling	18 Good Time Cruisers 9:00 Blood Sugars w/IHM 10:15 Chair Yoga Medicare Assistance w/Jackie 11:30 Enhance®Fitness 12:30 Organ 1:30 Fall Card Party	19 9:00 Euchre 12:00 Beginning T'ai Chi 12:30 and 1:30 T'ai Chi 12:30 Hand & Foot 1:00 Crocheting 2:15 Tap Dancing	20 Jones Transfer 10:00 Fitness 12:30 Euchre Tournament
21 Sunday Dinner 11 a.m. to 1 p.m.	22 6:30 Newsletter Team Canasta 9:00 Movin' & Groovin' 10:00 Brain Aerobics 12:30 Pinochle 2:00 Dancing/3:00 Balance 5:00 <i>White Elephant Bingo</i> 5:00 Community Ed. Class 5:30 Chair Yoga	23 <u>Breakfast 7:00-1:00</u> MCOP Support Services 8:30 Ex. Assist. w/Barb G. 10:15 Chair Yoga 10:30 Therapy Dog 11:00 15/15 with Dave 11:30 Enhance®Fitness 1:30 Bingo 6:00 Woodcarvers	24 Monroe Senior Legal 9:00 Movin' & Groovin' 9:00 Euchre 12:30 Pinochle 1:30 Movie Day 3:00 Balance 5:15 Little Rascals shorts	25 Good Time Cruisers 10:15 Chair Yoga Medicare Assistance w/Jackie Health Odyssey—Meal served at 11:30 am 11:30 Enhance®Fitness 1:00 Flu Shot Clinic 1:00 Organ/Scripture	26 9:00 Euchre 12:00 Beginning T'ai Chi 12:30 and 1:30 T'ai Chi 12:30 Hand & Foot 1:00 Crocheting 2:15 Tap Dancing	27 10:00 Fitness 12:30 Euchre Tournament

28 \$5 Special Sunday Dinner 11 a.m. to 1 p.m.	29 Canasta 9:00 Movin' & Groovin' 10:00 Brain Aerobics 12:30 Pinochle 2:00 Dancing/3:00 Balance 5:00 <i>White Elephant Bingo</i> 5:00 Community Ed. Class 5:30 Chair Yoga	30 MCOP Support Services 8:30 Ex. Assist. w/Barb G. 10:15 Chair Yoga 10:30 Therapy Dog 11:00 15/15 with Dave 11:30 Enhance®Fitness 1:30 Bingo 6:00 Woodcarvers	31 Soup & Sandwich - \$2 Special 9:00 Movin' & Groovin' 9:00 Euchre Halloween Party 12:30 Pinochle/Sometimer's 3:00 Balance	 Monroe Center <i>for Healthy Aging</i>		
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