

October 2025

			1 Birthday Dinner 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	2 Medicare with Jackie by appointment 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga Noon Classes of '69 ✨ 7:00 Model A Club	3 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	4 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
5 Sunday Dinner 11 a.m. to 1 p.m.	6 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 12:00 Pinochle 1:00 Dancing 1:00 Writing with Betsy 3:00 Balance	7 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers 7:00 Coin Club	8 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 1:30 Movie 3:00 Balance 5:00 Trivia w/JoAnn aka Mikie and Louise	9 Medicare with Jackie by appointment 9:00 Balance Exercise 10:15 Chair Yoga 11:30 Library in Motion 4:30 Let's Talk Health with Maurine	10 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 11:30 LUNCH & LEARN 12:00 Knit / Crochet	11 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle Purse Auction
12 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	13 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 12:00 Pinochle 1:00 Dancing/3:00 Balance	14 Class of '58 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	15 Class of '67 BK 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	16 Medicare with Jackie by appointment 8:00 Flu Shots 9:00 Balance Exercise 10:15 Chair Yoga 3:00 Craft— Sign up at the Front Desk	17 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	18 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
19 Sunday Dinner 11 a.m. to 1 p.m.	20 Newsletter Crew Medicare with Jackie 8:00 Flu Shots 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 11:30 LUNCH & LEARN Noon Classes of '65 & '66 12:00 Pinochle 1:00 Dancing/3:00 Balance	21 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	22 Monroe Senior Legal Medicare with Joyce 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	23 Medicare w/ Jackie by appt. 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga 11:30 Health Odyssey 1:00 Book Club 2:00 Writing Class	24 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	25 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
26 Sunday Dinner 11 a.m. to 1 p.m.	27 Canasta Medicare with Jackie 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 12:00 Pinochle 1:00 Dancing/3:00 Balance	28 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	29 Medicare with Joyce 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	30 Medicare with Jackie by appointment 9:00 Balance Exercise 10:15 Chair Yoga	31 Soup & Sandwich Halloween Medicare with Joyce 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	 Monroe Center <i>for Healthy Aging</i> 734-241-0404