

# October 2024 Community Room Event Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>SilverSneakers</b> 9AM - 10AM <span>1</span> <b>Yoga for Parkinsons and MS</b> 1PM - 2PM <b>Medicare Meet Up: Ask the Expert w/Dan Adams</b> 1PM - 4PM	<span>2</span>	<span>3</span>	<span>4</span>
<b>Matter of Balance</b> <span>7</span> 1PM - 3PM <b>Medicare Meet Up: Ask the Expert w/Dan Adams</b> 9AM - 12:30PM	<b>SilverSneakers</b> 9AM - 10AM <span>8</span> <b>Yoga for Parkinsons and MS - Hybrid Class</b> 1PM - 2PM	<span>9</span>	<span>10</span>	<span>11</span>
<b>Matter of Balance</b> <span>14</span> 1PM - 3PM <b>Medicare Meet Up: Ask the Expert w/Dan Adams</b> 11AM - 3PM	<b>SilverSneakers</b> 9AM - 10AM <span>15</span> <b>Yoga for Parkinsons and MS - Hybrid Class</b> 1PM - 2PM	<span>16</span>	<span>17</span>	<span>18</span>
<span>21</span>	<span>22</span>	<span>23</span>	<span>24</span>	<span>25</span>
<b>Matter of Balance</b> 1PM - 3PM	<b>SilverSneakers</b> 9AM - 10AM			
<span>28</span>	<span>29</span>	<span>30</span>	<span>31</span>	
<b>Matter of Balance</b> 1PM - 3PM	<b>SilverSneakers</b> 9AM - 10AM <b>Yoga for Parkinsons and MS - Hybrid Class</b> 1PM - 2PM		<b>Halloween Bingo</b> 2PM - 4PM	