

# October

MON	TUE	WED	THU	FRI
	1 10:00am—Silver Sneakers	2 10:00am—Aqua Fit	3 10:00am—Silver Sneakers	4 10:00am-Cards/Board games
7 8:15am-Senior Aqua	8 10:00am—Silver Sneakers	9 10:00am—Aqua Fit	10 10:00am—Silver Sneakers	11 10:00am-Cards/Board games
14 8:15am-Senior Aqua	15 10:00am—Silver Sneakers	16 10:00am—Aqua Fit 8:00am-Coffee and Conversation	17 10:00am—Silver Sneakers	18 10:00am-Cards/Board games
21 8:15am-Senior Aqua	22 10:00am—Silver Sneakers	23 10:00am—Aqua Fit 1pm—Y—101 (learn about your membership)	24 10:00am—Silver Sneakers	25 10:00am-Cards/Board games
28 8:15am-Senior Aqua	29 10:00am—Silver Sneakers	30 10:00am—Aqua Fit	31 10:00am—Silver Sneakers	Green—Senior social Black—Senior Fitness Blue—Learn about the Y



**Date TBD**  
**SEMINAR**  
**PRESENTED**  
**BY**

