


OCTOBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 Painting 9-12 WALKING EXERCISE 9-10 Games 1-3:30 Ukulele 11:30AM BELLY DANCE 5-7:30</p>	<p>2 BONE BUILDERS 8:30-9:45 & 10-11:15 AM WEIGHT GROUP 4:30-5:30</p>	<p>3 ZUMBA GOLD 9-10 BALANCE CLASS 1:30-2:30</p>	<p>4 BONE BUILDERS 8:30-9:45 & 10-11:15 AM Quilting 1-3 Beg. Belly Dance 5-7:30</p>	<p>5 Painting 9-12 BIN-GO 1-3</p>	<p>6 <u>FREE DANCE AT THE MOOSE LODGE 1-4PM.</u></p>
7	<p>8 CLOSED COLUMBUS DAY</p> 	<p>9 BONE BUILDERS 8:30-9:45 & 10-11:15 AM WEIGHT GROUP 4:30-5:30</p>	<p>10 BALANCE CLASS 1:30-2:30 HANNAFORD FLU SHOT CLINIC 10AM.</p>	<p>11 BONE BUILDERS 8:30-9:45 & 10-11:15 AM Quilting 1-3 Beg. Belly Dance 5-7:30</p>	<p>12 Painting 9-12 BIN-GO 1-3</p>	13
14	<p>15 Painting 9-12 WALKING EXERCISE 9-10 Games 1-3:30 UKUELE 11:30 AM - 1:30PM GAMES 1-3PM BELLY DANCE SVCOA 9-11AM. MEDICARE OPEN IN ROLLMENT</p>	<p>16 BONE BUILDERS 8:30-9:45 & 10-11:15 AM WEIGHT GROUP 4:30-5:30 MARLANA EATING HEALTHY 1:30-2:30PM</p>	<p>17 ZUMBA GOLD 9-10 JOG YOU MIND 1:30-2:30PM</p>	<p>18 BONE BUILDERS 8:30-9:45 & 10-11:15 AM Quilting 1-3 Beg. Belly Dance 5-7:30 COLONIE CENTER 9:30AM-4:30PM</p>	<p>19 CLOSED</p>	20
21 D.C. TRIP	22 WILL	23	24 CLOSED	25 ALL	26 WEEK	27
28	29 CLOSED	<p>30 BONE BUILDERS 8:30-9:45 & 10-11:15 AM WEIGHT GROUP 4:30-5:30</p>	<p>31 ZUMBA GOLD 9-10 HALLOWEEN PARTY WITH THE MEALS PROGRAM 11:30AM-2PM. UKULELE BAND DANCE/SING ALONG</p>			