

Menasha Senior Center **OCTOBER 2009**

Monday	Tuesday	Wednesday	Thursday	Friday
				
5	6	7	1	2
9:00 Computer 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 Men's cards	10:00 Wii 11:20 Meals 12:00 Agility exercise 1:15-2:30 Blood Pressure	9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	8:30 Oil Painting 10:00 Benefit Specialist 11:20 Meals 12:30 Cribbage 1:00 Bridge	8:00 Bike 4 Fun 10:00 Wii 11:20 Meals 1:00 Quilting 12:30 <i>Hand&Foot</i>
12	13	14	8	9
9:00 Computer class 9:30 Line Dancing 10:30am Nutro Bingo 11:20 Meals 12:30 Card making class 1:00 Men's cards	10:00 Fire & Fall Safety 10:00 Wii 11:20 Meals 12:00 Agility exercise 1:15-3:00 Blood Pressure ck	9:30 Line dancing 10:00-11 Chair exercise 11:20 Meals 11:00 <i>You Can Do It</i> 12:30 Texas Hold'em 12:30 Shuffleboard	7:45 CA meeting 8:30 Oil Painting 9:00 PC meeting 10:00 Benefit Specialist 11:20 Meals 12:30 Cribbage 1:00 Bridge	9:00-12:00n Flu Clinic 8:00 Bike 4 Fun 10:00 Wii 11:20 Meals 1:00 Quilting 12:30 <i>Hand&Foot</i>
19	20	21	22	23
9:00 Computer class 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 Men's cards	9:00 Newsletter assem. 10:00 Wii 11:20 Meals 12:00 Agility exercise 1:15-3:00 Blood pressure ck 2:00 SALT meeting	9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	8:30 Oil Painting 11:20 Meals 12:30 Cribbage 1:00 Bridge 1:00 VNA Foot care 1-3:00 Halloween Party	8:00-10:00 Wellness Screening 10:00 Wii 11:20 Meals 1:00 Quilting 12:30 <i>Hand&Foot</i>
26	27	28	29	30
9:00 Computer class 9:30 Line Dancing 11:20 Meals 1:00 Men's cards	10:00 Wii 10:30-12n Blood Pressure 11:20 Meals 12:00 Agility exercise	9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	8:30 Oil Painting 11:20 Meals 12:30 Cribbage 1:00 Bridge	10:00 Wii 11:30 Meals 12:00 Quilting 12:30 <i>Hand&Foot</i>

Turn back your clock on Nov. 1