


Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			<p>Priority & Social Wait List Members are invited to everything <u>UNDERLINED</u> on this calendar!</p> <p>Just call 608-836-8900 to RSVP!</p>			<p>1 Salon Open by Appointment 8:30 Trader Joe's Trip 9:00 Exercise 10:00 Dollar Store Trip 1:15 Matinee Movie-<i>Theater&Ch 900</i> 3:30 Chair Exercise-<i>Channel 900</i> 4:00 10-min Meditation-<i>Channel 900</i> <u>4:30 Happy Hour</u></p>	2
3	<p>4 <u>Garage Cleanings Today</u> 9:00 Exercise 10:30 Well-Being Event (1 of 4) 1:30 Writers' Group 3:30 Chair Exercise-<i>Channel 900</i> 4:00 10-min Meditation-<i>Channel 900</i> <u>4:30 Happy Hour</u> 7:00 Cribbage</p>	<p>5 Massages by Appointment Today 9:00 Exercise 9:00 Walgreens Trip ("Senior Day") 10:00 Flu Shot Clinic (by Appt.) 1:00 Qigong Exercise 3:30 Chair Yoga-<i>Channel 900</i> <u>4:30 Happy Hour-Coffee Shop</u> 6:30 Pool Players</p>	<p>6 Salon Open by Appointment 8:30 Coffee Social 9:00 Exercise 9:00-11:00 Nurse Visit 9:00 Pick 'n Save Trip 2:00-3:30 How to Get Up Video (Repeating every 10 mins)-<i>Ch 900</i> 3:30 Chair Exercise-<i>Channel 900</i> <u>4:30 Happy Hour</u></p>	<p>7 Salon Open by Appointment 9:00 Exercise 9:00 LAST Farmers Market Trip 10:30 RLC Candidates Social 1:00 Genealogy Group 1:30 Hilldale Trip 1:30 Scrabble 3:30 Chair Yoga-<i>Channel 900</i> <u>4:30 Happy Hour</u> 7:00 Table Games</p>	<p>8 Salon Open by Appointment 8:30 Trader Joe's Trip 9:00 Exercise 10:00 Brennan's Cellars/Aldi Trip 1:15 Matinee Movie-<i>Theater&Ch 900</i> 3:30 Chair Exercise-<i>Channel 900</i> 4:00 10-min Meditation-<i>Channel 900</i> <u>4:30 Happy Hour</u></p>	9	
10	<p>11 9:00 Exercise 10:30 Well-Being Event (2 of 4) <u>1:30 Birthday Party</u> 3:30 Chair Exercise-<i>Channel 900</i> 4:00 10-min Meditation-<i>Channel 900</i> <u>4:30 Happy Hour</u> 7:00 Cribbage</p>	<p>12 9:00 Exercise 9:00 Walgreens Trip 10:00-4:00 RLC Election 1:00 Qigong Exercise 3:30 Chair Yoga-<i>Channel 900</i> <u>4:30 Happy Hour-Coffee Shop</u></p>	<p>13 Salon Open by Appointment 8:30 Coffee Social 9:00 Exercise 9:00-11:00 Nurse Visit 9:00 Pick 'n Save Trip 10:30 Knit Pickers <u>1:30 \$1/card BINGO!</u> 3:30 Chair Exercise-<i>Channel 900</i> <u>4:30 Happy Hour</u></p>	<p>14 Salon Open by Appointment 9:00 Exercise 10:30 Fire Safety Talk 1:30 Hilldale Trip 3:30 Chair Yoga-<i>Channel 900</i> <u>4:30 Happy Hour</u> 7:00 Table Games</p>	<p>15 Salon Open by Appointment 8:30 Trader Joe's Trip 9:00 Exercise 10:00 West Towne Mall Trip 1:15 Matinee Movie-<i>Theater&Ch 900</i> 3:30 Chair Exercise-<i>Channel 900</i> 4:00 10-min Meditation-<i>Channel 900</i> <u>4:30 Happy Hour</u></p>	16	
17 5:30 Potluck	<p>18 9:00 Exercise 10:30 Well-Being Event (3 of 4) 3:30 Chair Exercise-<i>Channel 900</i> 4:00 10-min Meditation-<i>Channel 900</i> <u>4:30 Happy Hour</u> 7:00 Cribbage</p>	<p>19 9:00 Board of Directors Meeting <i>No Exercise due to Board Meeting</i> 9:00 Walgreens Trip 1:00-4:00 Foot Care by Appt <i>No Qigong Exercise Today</i> 3:30 Chair Yoga-<i>Channel 900</i> <u>4:30 Happy Hour-Coffee Shop</u></p>	<p>20 <u>Library Books Due</u> Salon Open by Appointment 8:30 Coffee Social 9:00 Exercise 9:00-11:00 Nurse Visit 9:00 Pick 'n Save Trip 2:00 Alarm System Info Talk 3:30 Chair Exercise-<i>Channel 900</i> <u>4:30 Happy Hour</u></p>	<p>21 Salon Open by Appointment 9:00 Exercise 10:00 Liaison Committee Meeting 1:30 Hilldale Trip 1:30 Scrabble 3:30 Chair Yoga-<i>Channel 900</i> <u>4:30 Happy Hour</u> 7:00 Table Games</p>	<p>22 Salon Open by Appointment 8:30 Trader Joe's Trip 9:00 Exercise 1:15 Matinee Movie-<i>Theater&Ch 900</i> 3:30 Chair Exercise-<i>Channel 900</i> 4:00 10-min Meditation-<i>Channel 900</i> <u>4:30 Happy Hour</u></p>	23	
24 31 Halloween 	<p>25 9:00 Exercise 10:30 Well-Being Event (4 of 4) 3:30 Chair Exercise-<i>Channel 900</i> 4:00 10-min Meditation-<i>Channel 900</i> <u>4:30 Happy Hour</u> 7:00 Cribbage</p>	<p>26 <u>Window Washing Today</u> 9:00 Exercise 9:00 Coffee Klatch with Kay 9:00 Walgreens Trip <u>10:30 Broadway Piano Concert</u> 1:00 Qigong Exercise 3:00 A Capella Sing-a-Long 3:30 Chair Yoga-<i>Channel 900</i> <u>4:30 Happy Hour-Coffee Shop</u></p>	<p>27 <u>Window Washing Today</u> Salon Open by Appointment 8:30 Coffee Social 9:00 Exercise 9:00-11:00 Nurse Visit 9:00 Pick 'n Save Trip 10:30 Knit Pickers <u>1:30 \$1/card BINGO!</u> 3:30 Chair Exercise-<i>Channel 900</i> <u>4:30 Happy Hour</u></p>	<p>28 Salon Open by Appointment 9:00 Exercise 10:30 Don-#209B Travel Talk 1:30 Hilldale Trip 3:30 Chair Yoga-<i>Channel 900</i> <u>4:30 Happy Hour</u> 7:00 Table Games</p>	<p>29 Salon Open by Appointment 8:30 Trader Joe's Trip 9:00 Exercise <i>No Matinee Movie Today</i> <u>1:30-2:30 Costume Contest Party</u> 3:30 Chair Exercise-<i>Channel 900</i> 4:00 10-min Meditation-<i>Channel 900</i> <u>4:30 Happy Hour</u></p>	30	