

October 2022

Open Weight Room – Mon, Wed & Fri 10:30 – 11:30

October 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Fit for Life 9:30 – 10:30	4	5 Fit for Life 9:30 – 10:30 Hand & Foot 12:30 – 3:00	6 Quilting 9:00 - Noon	7 Euchre 1:00 – 3:00	8
9	10 Fit for Life 9:30 – 10:30	11 Lunch & Learn 11:30 a.m. Discover Senior Independent Book Club 12:30	12 Fit for Life 9:30 – 10:30 Hand & Foot 12:30 – 3:00	13 Quilting 9:00 - Noon	14 Euchre 1:00 – 3:00	15
16	17 Fit for Life 9:30 – 10:30	18	19 Fit for Life 9:30 – 10:30 Hand & Foot 12:30 – 3:00	20 Quilting 9:00 - Noon	21 Euchre 1:00 – 3:00	22
23	24 Fit for Life 9:30 – 10:30	25 Lunch & Learn 11:30 a.m. Michigan Novel: Early 20 th Century Michigan Literature *Lunch Provided by Journey Church*	26 Fit for Life 9:30 – 10:30 Hand & Foot 12:30 – 3:00	27 Quilting 9:00 – Noon Lunch Bunch – River Dog 11:30 Bingo 1:00 – 3:00	28 Euchre 1:00 – 3:00	29
30	31 Fit for Life 9:30 – 10:30 Halloween Party 11:30					