

OCTOBER



2026

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2 "BOO-st Your Nutrition"- Dr. Andrew 1-2 pm Community Room BYOL	3
4	5	6 "Eat THIS Not THAT " Speaker: Barb Minimier 12:30-1:30 pm Community Room BYOL	7	8	9	10
11	12	13 "Energy without Coffee"- Dr. Andrew 1:00-2:00 pm Community Room BYOL	14	15 Pizza and Puzzles 12:30-1:30 pm Community Room	16	17
18	19	20 Halloween Bingo! 12:30-1:30 pm Community Room BYOL	21	22 Pumpkin Painting Party! 12:30-1:30 pm Community Room BYOL	23	24
25	26	27 "What's New Since you Started Driving?" Speaker Denis Kelleher Avenues in Motion 12:30-1:30 pm Community Room BYOL	28	29 Medicare and S.H.I.P. Programs- Marie Bartello 12:30-1:30 pm Community Room BYOL	30	31  Daylight Savings!

BYOL=Bring Your Own Lunch

*Online Registration Required

October Prize: Solar Emergency Weather Radio with Hand Crank