OCTOBER 2026

Scan for online calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 9:00 am Chair Yoga	3
4	5	6 10:30 am Tai Chi	7	8	9 9:00 am Chair Yoga	10
11	12	13 10:30 am Tai Chi	14	15	16 9:00 am Chair Yoga	17
18	19 5:00 pm Community Kitchen	20 10:30 am Tai Chi	21	22	23 9:00 am Chair Yoga	24
25	26	27 10:30 am Tai Chi	28	29	30 9:00 am Chair Yoga	31