

## October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Individual Exercises 10:30 Sit n' Be Fit H1H2  2:00 	
<b>3</b> 	4 Get Crackin H1 Individual Exercises 10:30 Sit n' Be Fit H1H2  1:30 Kaser H4 1:30 Kaser H2 	5 Get Crackin H2 Individual Exercise Program 10:00 Sit n' Be Fit H3 H4 10:30 Manicures H2 1:30 Cards n' Games H3 1:30 Sing- a long H1	6 Get Crackin H3 Individual Exercises 10:30 Sit n' Be Fit H1H2  1:30 Baking H2 	7 Get Crackin H4 9:30 Sit n' Be Fit H3 10:00 Sit n' Be Fit H4 10:30 Crosswords H3 2:00 	8 Individual Exercises 10:30 Sit n' Be Fit H1H2  2:00 H1 Birthday Party 	<b>9</b> 
<b>10</b> 	<b>11</b> 	12 Get Crackin H2 10:00 Sit n' Be Fit H3 H4 10:30 Manicures H3 1:30 Skip-Bo H2 1:30 Kaser H3 	13 Get Crackin H3 Individual Exercises 10:30 Sit n' Be Fit H1H2 2:00 Birthday Party H4 	14 Get Crackin H4 9:30 Sit n' Be Fit H3 10:00 Sit n' Be Fit H4 10:30 Crosswords H3 2:00 BIBLE Study 	15 Individual Exercises 10:30 Sit n' Be Fit H1H2  2:00 	<b>16</b> 
<b>17</b> 	18 Get Crackin H1 Individual Exercises 10:30 Sit n' Be Fit H1H2 1:30 Baking H3 	19 Get Crackin H2 10:00 Sit n' Be Fit H3 H4 10:30 Manicures H4 1:30 Dominoes H3 1:30 Yahtzee H4 	20 Get Crackin H3 Individual Exercises 10:30 Sit n' Be Fit H1H2 1:30 Canteen 	21 Get Crackin H4 9:30 Sit n' Be Fit H3 10:00 Sit n' Be Fit H4 10:30 Crosswords H3 1:30 Hallowe'en Decor	22 Individual Exercises 10:30 Sit n' Be Fit H1H2  2:00 	<b>23</b> 
<b>24</b> 	25 Get Crackin H1 Individual Exercises 10:30 Sit n' Be Fit H1H2  2:00 Birthday Party H2 	26 Get Crackin H2 10:00 Sit n' Be Fit H3 H4  10:00 Wellness H1 11:00 Wellness H2 1:30 Wellness H3 2:30 Wellness H4	27 Get Crackin H3 Individual Exercises 10:30 Sit n' Be Fit H1H2  2:00 Birthday Party H3 	28 Get Crackin H4 9:30 Sit n' Be Fit H3 10:00 Sit n' Be Fit H4 10:30 Crosswords H3 2:00 BIBLE Study 	29 Individual Exercises 10:30 Sit n' Be Fit H1H2  2:00 	<b>30</b> 
<b>31</b> 	<b>Please note that this schedule is subject to change</b>					