

# FORSYTH SENIOR CENTER ACTIVITIES OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 S.A.I.L. BALANCE/EXERCISE CLASS 9:30	4 CHAIR EXERCISES 9:00	5 YOGA 8:30  WHEEL OF FORTUNE 12:30	6 CHAIR EXERCISES 9:00  12:30 BINGO	7  S.A.I.L. BALANCE/EXERCISE CLASS
10  CLOSED  COLUMBUS DAY	11 BIRTHDAY DAY!! CHAIR EXERCISES 9:00 LINDA WOLFF FROM ACTION--NOON	12 YOGA 8:30  GAMEDAY 12:30	13 CHAIR EXERCISES 9:00  12:30 BINGO	14  S.A.I.L. BALANCE/EXERCISE CLASS  MUSIC BY BITTERSWEET
17  S.A.I.L. BALANCE/EXERCISE CLASS 9:30	18  CRAFTS 12:30 FOOT CLINIC—CALL US FOR AN APPT.	19 YOGA 8:30 CARD SOCIAL PINOCHLE?	20 CHAIR EXERCISES 9:00  BINGO—12:30	21  S.A.I.L. BALANCE/EXERCISE CLASS
24  S.A.I.L. BALANCE/EXERCISE CLASS 9:30	25 CHAIR EXERCISES 9:30	26 YOGA 8:30 GAME DAY 12:30	27 CHAIR EXERCISES 9:00  BINGO—12:30	28 S.A.I.L. BALANCE/EXERCISE CLASS HALLOWEEN PARTY ANDY & THE BAND
31 S.A.I.L. BALANCE/EXERCISE CLASS 9:30				

SENIOR CENTER PHONE : 346--2868