FORSYTH SENIOR CENTER OCTOBER 2026 ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL ACTIVITIES SUBJECT TO CHANGE			1 CHAIR EXERCISES 9AM-9:30AM 12:30PM-2PM BINGO	2 GROUP EXERCISES- 9:00AM-10:00 AM CARD GAME 12:30PM-2PM
5 GROUP EXERCISES- 9:00AM-10:00 AM	6 CHAIR EXERCISES 9AM-9:30AM STEPPING ON W6 10AM-12PM	7 ARTHRITIS CLASS W/ DEB 9AM-10AM YOGA W/ DEB 10AM-10:30AM	8 CHAIR EXERCISES 9AM-9:30AM 12:30PM-2PM BINGO	9 GROUP EXERCISES- 9:00AM-10:00 AM CRAFTS W/ HEAVEN 12:30PM-2PM
12 THE CENTER IS CLOSED TODAY! HAPPY COLUMBUS DAY 12 OCTOBER	13 CHAIR EXERCISES 9AM-9:30AM STEPPING ON W7 10AM-12PM	14 HEALTH FAIR 2PM-4PM @ FAIRGROUNDS ARTHRITIS CLASS W/ DEB 9AM-10AM YOGA W/ DEB 10AM-10:30AM	15 CHAIR EXERCISES 9AM-9:30AM 12:30PM-2PM BINGO	16 GROUP EXERCISES- 9:00AM-10:00 AM YAHTZEE- 12:30PM-2PM
19 GROUP EXERCISES- 9:00AM-10:00 AM	20 FOOT CLINIC 8AM-12 PM NO EXERCISES TODAY!	21 ARTHRITIS CLASS W/ DEB 9AM-10AM YOGA W/ DEB 10AM-10:30AM	22 CHAIR EXERCISES 9AM-9:30AM 12:30PM-2PM BINGO	23 GROUP EXERCISES- 9:00AM-10:00 AM WHEEL OF FORTUNE- 12:30PM-2PM
26 GROUP EXERCISES- 9:00AM-10:00 AM	27 OPEN ENROLLMENT CALL TO MAKE APPOINTMENT W/ DEBBIE CHAIR EXERCISES 9AM-9:30AM	28 ARTHRITIS CLASS W/ DEB 9AM-10AM YOGA W/ DEB 10AM-10:30AM	29 CHAIR EXERCISES 9AM-9:30AM 12:30PM-2PM BINGO	30 GROUP EXERCISES- 9:00AM-10:00 AM HALLOWEEN PARTY! DRESS UP IN A COSTUME AND COME ENJOY SOME FUN! DAYLIGHT SAVINGS!