

**Monday                      Tuesday                      Wednesday                      Thursday                      Friday**

8:00 Walking Group ● 2  
 9:00 Longevity Stick Balance ●  
 9:00 NOCE - Fun & Fitness with Janine  
 9:00 Needlecraft Service Group ●  
 10:30 Chair Yoga ▲  
 11:00 Sr. Lunch with reservation  
 11:00 Table Tennis  
 12:00 Medicare Counseling - HICAP  
 12:30 Bingo ●  
 1:00 Caring Companions

7:30 Pickleball ▲ 3  
 9:00 Tai Chi Chuan ●  
 9:00 Hawaiian Dance Lessons ▲  
 9:00 NOCE-Staying Mentally Sharp  
 10:00 NOCE- Robin's Health & Exercise  
 10:30 Belly Dance Lesson ▲  
 11:00 Sr. Lunch with Reservation  
 5:00 Low Intense Interval Training ▲  
 6:00 Flow and Slow Yoga ▲  
 6:00 Tuesday Evening Dance ▲

8:00 Walking Group ● 4  
 8:30 Farmers' Market  
 8:30 Tai Chi Chuan  
 9:00 Sr. Line Dance Lessons ▲  
 10:30 Chair Yoga ▲  
 11:00 Sr. Lunch with Reservation  
 12:30 NOCE - Fit & Healthy with Kenny  
 4:00 Karaoke! ●

9:00 NOCE- Crocheting & Knitting 5  
 9:00 NOCE-Staying Mentally Sharp  
 10:30 Korean Folk Singing ▲  
 10:45 Grocery Distribution  
 11:00 Table Tennis  
 11:00 Sr. Lunch with Reservations  
 12:30 Creative Coloring ●  
 1:00 Flu Vaccine Informational Workshop +  
 1:30 Korean Dance ▲  
 2:00 It's Your Money Workshop  
 4:00 Senior Ukulele Jam  
**No Festive Fitness With Deena**

7:30 Pickleball ▲ 6  
 8:00 Walking Group ●  
 9:00 NOCE - Health & Wellness with Eunice  
 10:30 Health Enhancing Class +  
 11:00 Sr Lunch with Reservations  
 12:30 NOCE - Fit & Healthy with Kenny  
**No Movie Today.**

8:00 Walking Group ● 9  
 9:00 NOCE - Fun and Fitness with Janine  
 9:00 Longevity Stick Balance ●  
 9:00 Needlecraft Service Group ●  
 10:00 Medicare Q & A (SPANISH) +  
 10:30 Chair Yoga ▲  
 11:00 Sr. Lunch with Reservation  
 11:00 Table Tennis ▲  
 12:30 Bingo ●

7:30 Pickleball ▲ 10  
 9:00 Tai Chi Chuan ●  
 9:00 Hawaiian Dance Lessons ▲  
 9:00 NOCE - Staying Mentally Sharp  
 10:00 NOCE - Robin's Health & Wellness  
 10:30 Belly Dance Lesson  
 11:00 Sr. Lunch with Reservation  
 12:45 Loteria ●  
 5:00 Low Intense Interval Training ▲  
 6:00 Flow and Slow Yoga ▲  
 6:00 Tuesday Evening Dance ▲

8:00 Walking Group ● 11  
 8:30 Farmer's Market  
 8:30 Tai Chi Chuan  
 9:00 Sr. Line Dance Lessons ▲  
 10:30 Chair Yoga ▲  
 11:00 Sr. Lunch with Reservation  
 12:30 NOCE - Fit & Healthy with Kenny  
 1:00 Museum & More, Cultural Excursions  
 4:00 Birthday Karaoke! ●

9:00 NOCE- Crocheting & Knitting 12  
 9:00 NOCE-Staying Mentally Sharp  
 9:00 Community Legal Aid Appointments  
 10:00 Diabetes Education Series +  
 10:30 Korean Folk Singing ▲  
 11:00 Table Tennis  
 11:00 Sr. Lunch with Reservations  
 12:30 Creative Coloring ●  
 1:00 Control Your Cholesterol Workshop +  
 1:30 Korean Dance ▲  
 2:00 It's Your Money Workshop  
 4:00 Senior Drum Circle  
**No Festive Fitness With Deena**


7:30 Pickleball ▲ 13  
 8:00 Walking Group ●  
 9:00 NOCE - Health & Wellness with Eunice  
 10:00 Korean Parkinson Support Group  
 11:00 Sr. Lunch with Reservations  
 11:00 Grief Support Group  
 12:30 NOCE- Fit & Healthy with Kenny  
 12:30 Friday Movie - "The Blob"  
 2:00 Friday Trivia

8:00 Walking Group ● 16  
 9:00 NOCE - Fun and Fitness with Janine  
 9:00 Longevity Stick Balance ●  
 9:00 Needlecraft Service Group ●  
 10:30 Chair Yoga ▲  
 11:00 Sr. Lunch with Reservation  
 11:00 Table Tennis ▲  
 12:00 Medicare Counseling - HICAP  
 12:30 Bingo ●

7:30 Pickleball ▲ 17  
 8:00 Trip #13  
 9:00 Tai Chi Chuan ●  
 9:00 Hawaiian Dance Lessons ▲  
 9:00 NOCE - Staying Mentally Sharp  
 10:00 NOCE - Robin's Health & Wellness  
 10:30 Belly Dance Lesson ▲  
 11:00 Tech Assistance Appointments  
 11:00 Sr. Lunch with Reservation  
 11:30 Chair Volleyball  
 12:45 Loteria ●  
 1:00 Alzheimer's Caregiver Support Group  
 5:00 Low Intense Interval Training ▲  
 6:00 Flow and Slow Yoga ▲  
**No Tuesday Evening Dance**

8:00 Walking Group ● 18  
 8:30 Farmer's Market  
 8:30 Tai Chi Chuan ●  
 9:00 Sr. Line Dance Lessons ▲  
 10:30 Chair Yoga ▲  
 11:00 Sr. Lunch with Reservation  
 12:30 NOCE - Fit & Healthy with Kenny ▲  
 4:00 Karaoke! ●

9:00 NOCE- Crocheting & Knitting 19  
 9:00 NOCE-Staying Mentally Sharp  
 10:00 Diabetes Education Series +  
 10:30 Korean Folk Singing  
 10:45 Grocery Distribution ▲  
 11:00 Sr. Lunch with Reservation  
 11:00 Table Tennis ▲  
 12:00 Festive Fitness with Deena ●  
 12:30 Creative Coloring ●  
 1:00 Senior Club Board Meeting  
 1:30 Korean Dance ▲  
 2:30 Optum Pumpkin Painting +  
 4:00 Senior Sing - A - Long

7:30 Pickleball ▲ 20  
 8:00 Walking Group ●  
 9:00 NOCE - Health & Wellness with Eunice  
 11:00 Sr. Lunch with Reservation  
 12:30 NOCE- Fit & Healthy with Kenny  
 2:30pm Crafternoon - Votive Candle Holder  
  
**No Movie Today.**

8:00 Walking Group ● 23  
 9:00 NOCE - Fun & Fitness with Janine  
 9:00 Longevity Stick Balance ●  
 9:00 Needlecraft Service Group ●  
 10:30 Chair Yoga ▲  
 11:00 Sr. Lunch with Reservation  
 11:00 Table Tennis ▲  
 12:30 Bingo ●

7:30 Pickleball ▲ 24  
 9:00 Tai Chi Chuan ●  
 9:00 Hawaiian Dance Lessons ▲  
 9:00 NOCE-Staying Mentally Sharp  
 10:00 NOCE- Robin's Health & Exercise  
 10:30 Belly Dance Lesson ▲  
 11:00 Sr. Lunch with Reservation  
 5:00 Low Intense Interval Training ▲  
 6:00 Flow and Slow Yoga ▲  
 6:00 Tuesday Evening Dance ▲


8:00 Walking Group ● 25  
 8:30 Farmer's Market  
 8:30 Tai Chi Chuan ●  
 9:00 Sr. Line Dance Lessons ▲  
 10:30 Chair Yoga ▲  
 11:00 Sr. Lunch with Reservation  
 12:30 NOCE - Fit & Healthy with Kenny  
 4:00 Karaoke! ●


9:00 NOCE - Crocheting & Knitting 26  
 9:00 NOCE - Staying Mentally Sharp  
 10:00 Diabetes Education System +  
 10:30 Korean Folk Singing ▲  
 11:00 Sr. Lunch with Reservation  
 11:00 Table Tennis ▲  
 11:30 Medicare Q & A (ENGLISH) +  
 12:00 Festive Fitness with Deena ●  
 12:30 Creative Coloring ●  
 1:30 Korean Dance ▲  
 3:00 Senior Club Halloween Social  
 4:00 Senior Drum Circle

7:30 Pickleball ▲ 27  
 8:00 Walking Group ●  
 8:00 Bulletin Collation  
 9:00 NOCE - Health & Wellness with Eunice  
 11:00 Sr. Lunch with Reservation  
 11:00 Grief Support Group  
 11:00 Memorial Celebration  
 12:30 NOCE - Fit & Healthy with Kenny  
 12:30 Friday Movie - "In the Tall Grass"  
 4:30 Crafternoon - Votive Candle Holder

Similar Schedule to October 23rd 30

Similar Schedule to October 24th 31  


 ● Sponsored by the Senior Club  
 ▲ Fee Based Classes  
 + Free Seminars & Workshops

  
**October 2023**