

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1 *9am-3pm- Tax Commissioner's Office -by appt (B)</p> <p>10am- Bingo</p> <p>1-3pm- Island Kickers</p>	<p>2</p> <p>8:30am- Walkie Talkies</p> <p>9:30am- Yoga 101</p> <p>10:30am- Sewing Bees (C)</p> <p>12:30pm- GEM</p>	<p>3</p> <p>*9am-3pm- Tax Commissioner's Office -by appt (C)</p> <p>8:30am- Walkie Talkies</p> <p>9:45am- SPRY Mat</p> <p>12:45pm- Sit & Be Fit</p> <p>1:30-3pm- Comm Art (B) Friendship bracelets</p> <p>2pm -Tight &Tone</p>	<p>4</p> <p>8:30am- Stretch it Out (30min)</p> <p>9:30am- Pilates</p> <p>10:30am- Qi Gong</p> <p>11:15am- Zumbini (B)</p> <p>1-3pm-Beginner Line Dance</p>	<p>5</p> <p>9am-3pm- AARP Smart Driver Class (registration required)</p> <p>9am-2pm- TECH HELP *drop in for mobile device assistance (RM C)</p>	<p>6</p> <p>Simchat Torah Begins</p>	<p>7</p>
<p>8</p> <p>*9am-3pm- Tax Commissioner's Office -by appt (B)</p> <p>9:30am- Wellness Talk w/ Memorial Health</p> <p>10am- Bingo</p> <p>1-3pm-Boardgame Society (C)</p> <p>Columbus Day (US)</p> <p>Indigenous Peoples' Day</p> <p>Thanksgiving Day (Canada)</p>	<p>9</p> <p>8:30am- Walkie Talkies</p> <p>9:30am- Yoga 101</p> <p>12:30pm- GEM</p> <p>1:00-3pm- Caregiver Support Group</p>	<p>10</p> <p>*9am-3pm- Tax Commissioner's Office -by appt (C)</p> <p>8:30am- Walkie Talkies</p> <p>9:45am- SPRY Mat</p> <p>11-12pm- TECH HELP</p> <p>12:45pm- Sit & Be Fit</p> <p>2pm-Tight &Tone</p>	<p>11</p> <p>8:30am- Wake Me Up Cardio (30min)</p> <p>9:30am- Yin Yoga</p> <p>10:30am- Qi Gong</p> <p>11:15am- Zumbini (B)</p> <p>*make up class</p> <p>1-3pm-Beginner Line Dance</p>	<p>12</p> <p>9:45am- SPRY Chair+ Mat</p> <p>11am- SPRY Chair only</p> <p>9am-2pm- TECH HELP *drop in for mobile device assistance (RM C)</p> <p>7-10pm- Contra Dance w/ Folk Music Society</p>	<p>13</p> <p>Private Rental</p>	<p>14</p>
<p>15</p> <p>*9am-3pm- Tax Commissioner's Office -by appt (B)</p> <p>10am- Bingo</p> <p>11:15am- Lunch Bunch</p>	<p>16</p> <p>8:30am- Walkie Talkies</p> <p>9:30am- Yoga 101</p> <p>10:30am- Sewing Bees (C)</p> <p>12:30pm- GEM</p>	<p>17</p> <p>*9am-3pm- Tax Commissioner's Office -by appt (C)</p> <p>8:30am- Walkie Talkies</p> <p>9:45am- SPRY Mat</p> <p>12:45pm- Sit & Be Fit</p> <p>1:30-3pm- Comm Art (B) PomPom Decor</p> <p>2pm-Tight &Tone</p> <p>5-8pm- Girl Scouts</p>	<p>18</p> <p>8:30am- Stretch it Out (30min)</p> <p>9:30am- Pilates</p> <p>10:30am- Qi Gong</p> <p>1-3pm-Beginner Line Dance</p>	<p>19</p> <p>Edel Caregiver Hospice Event</p> <p>9:45am- SPRY Chair+ Mat</p> <p>11am- SPRY Chair only *Dementia Live demos, raffles & more!</p>	<p>20</p>	<p>21</p>
<p>22</p> <p>*9am-3pm- Tax Commissioner's Office -by appt (B)</p> <p>10am- Bingo</p> <p>1-3pm- Island Kickers</p> <p>1-3pm-Boardgame Society (C)</p> <p>*Registration begins for Nov.</p>	<p>23</p> <p>8:30am- Walkie Talkies</p> <p>9:30am- Yoga 101</p> <p>*Funcky Yoga Pants*</p> <p>12:30pm- GEM</p> <p>1:30pm- Headwrap Class</p>	<p>24</p> <p>*9am-3pm- Tax Commissioner's Office -by appt (C)</p> <p>8:30am- Walkie Talkies</p> <p>9:45am- SPRY Mat</p> <p>12:45pm- Sit & Be Fit</p> <p>2pm-Tight &Tone</p>	<p>25</p> <p>8:30am- Wake Me Up Cardio (30min)</p> <p>9:30am- Pilates</p> <p>11:00am- Chair Dance Pop Up</p>	<p>26</p> <p>9:45am- SPRY Chair+ Mat</p> <p>11am- SPRY Chair only</p> <p>5-8pm- TRUNK OR TREAT</p>	<p>27</p> <p>6:30pm- Full Moon Restorative Yoga</p>	<p>28</p>
<p>29</p> <p>*9am-3pm- Tax Commissioner's Office -by appt (B)</p> <p>10am- Bingo</p> <p>*Birthday Club & Halloween Costume Contest</p>	<p>30</p> <p>8:30am- Walkie Talkies</p> <p>9:30am- Yoga 101</p> <p>12:30pm- GEM</p> <p>Halloween</p>	<p>31</p>	<p>Celebrating 5 years at this location!</p> <p>October 2023</p> <p>Frank G Murray Community Center</p> 			