


October Activities

Laptops Available! Check one out at the MAC office! Must remain in the building with laptops!

Fun October Holidays:

- 5th Do Something Nice Day
- 6th Mad Hatter Day
- 12th Old Farmer's Day
- 13th Friday the 13th
- 27th Frankenstein Friday
- 30th National Candy Corn Day



Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>2</u></p> <p>9:00 – Mundaycize at Y 10:00 – Exercise 12:00 – Bingo at Adams Village</p>	<p><u>3</u></p> <p>9:00 – Vet Counseling 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot Card 1:00 – Zumba Chair 1:30 – Meditation Class 6:00 – Line Dancing</p>	<p><u>4</u></p> <p>8:00-12:00 - Flu Shot Clinic 9:00 – Bingo 10:00 – Social Bridge 10:00 – No Name Club 10:15 – Exercise</p>	<p><u>5</u></p> <p>10:00 – Computer Class 12:30 – Line Dancing 2:00 – Zumba Gold</p>	<p><u>6</u></p> <p>8:00- Flu Shot Clinic 9:00 – Mundaycize at Y 9:00 – Mat Yoga 10:30 – Panther Creek Band 10:30 – Chair Yoga</p>
<p><u>9</u></p> <p>9:00 – Mundaycize at Y 10:00 – Exercise 1:00 – Bingo @ Park Regency 1:30 – Matter of Balance Workshop</p>	<p><u>10</u></p> <p>9:00 – Vet Counseling 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot Card 12:00 – Garden Grace Bingo 1:00 – Zumba Chair 1:30 – Meditation Class 6:00 – Line Dancing</p>	<p><u>11</u></p> <p>9:00 – Bingo 10:00 – Social Bridge 10:15 – Exercise</p>	<p><u>12</u></p> <p>10:30 – Faye Loney 12:30 – Line Dancing 2:00 – Zumba Gold 6:00 – Dance @ MAC</p>	<p><u>13</u></p> <p>9:00 – Mundaycize at Y 9:00 – Mat Yoga 10:00 – The Ambassador Singers 10:30 – Chair Yoga</p>
<p><u>16</u></p> <p>9:00 – Mundaycize at Y 10:00 – Exercise 1:30 – Matter of Balance Workshop</p>	<p><u>17</u></p> <p>9:00 – Vet Counseling 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot Card 1:00 – Zumba Chair 1:30 – Meditation Class 6:00 – Line Dancing</p>	<p><u>18</u></p> <p>9:00 – Bingo 10:00 – Social Bridge 10:00 – No Name Club 10:15 – Exercise 12:00 –Whitesville Bingo</p>	<p><u>19</u></p> <p>10:00 – Computer Class 12:30 – Line Dancing 2:00 – Zumba Gold</p>	<p><u>20</u></p> <p>9:00 – Mundaycize at Y 9:00 – Mat Yoga 10:30 – Panther Creek Band 10:00–Bingo @ Roosevelt II 10:30 – Chair Yoga</p>
<p><u>23</u></p> <p>9:00 – Mundaycize at Y 10:00 – Exercise 1:30 – Matter of Balance Workshop</p>	<p><u>24</u></p> <p>9:00 – Vet Counseling 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot Card 1:00 – Zumba Chair 1:30 – Meditation Class 6:00 – Line Dancing</p>	<p><u>25</u></p> <p>9:00 – Bingo 10:00 – Social Bridge 10:15 – Exercise</p>	<p><u>26</u></p> <p>9:00 – Bingo with Encompass Home Health 10:00 – Computer Class 12:30 – Line Dancing 2:00 – Zumba Gold</p>	<p><u>27</u></p> <p>9:00 – Mundaycize at Y 9:00 – Mat Yoga 10:00 – The Ambassador Singers 10:30 – Chair Yoga</p>
<p><u>30</u></p> <p>9:00 – Mundaycize at Y 10:00 – Exercise 1:30 – Matter of Balance Workshop</p>	<p><u>31</u></p> <p>9:00 – Vet Counseling 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Trick or Treating 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot Card 1:00 – Zumba Chair 1:30 – Meditation Class 6:00 – Line Dancing</p>	<p><i>Beware of the Dreaded Flu!</i></p> 		

Ping Pong Table is located in the Game Room.
Please check out paddles & balls from the office.

Corn Hole Boards are located in Game Room on the 1st Floor of the East Wing.

Billiards Room
Monday – Friday 8:00 am – 4:30 pm
Saturday 8:00 am – Noon