



OCTOBER 2022

ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3. Exercise 9:00 -10:00 AM</p> <p>Card table set (games) 1PM</p>	<p>4. Clogging 3:00 PM</p>	<p>5. Exercise 9:00 -10:00 AM FREEDOM PHARMACY 10-11 AM</p> <p>PAINT CLASS w/Sonya 1PM</p>	<p>6.</p> 	<p>7. Exercise 9:00 -10:00 AM Home Helpers (Aides) Table Bingo 10:00-11:15 AM Bible Study 10:00-11:00 AM Line Dancing 1 PM</p>
<p>10. Exercise 9:00 -10:00 AM</p> <p>SOLE SOLUTION FOOTCARE by appointment 9am-1:30pm</p> <p>Card table set (games) 1PM</p>	<p>11. Clogging 3:00 PM</p>	<p>12. <i>Board Meeting</i></p> <p>Exercise 9:00 -10:00 AM</p>	<p>13. Produce Truck</p> <p>Chair Yoga 12:30 PM</p>	<p>14. Exercise 9 -10 AM Bingo 10-11 AM Anthem Insurance 10 AM Bible Study 10-11 AM Line Dancing 1 PM</p>
<p>17. <i>(Reminder: Medicare Open Enrollment has begun)</i></p> <p>Exercise 9:00 -10:00 AM</p> <p>Card table set (games) 1PM</p>	<p>18. Commodities</p> <p>Clogging 3:00 PM</p>	<p>19.</p> <p>OSHIIP (Medicare) 8:30 AM</p> <p>Exercise 9:00 -10:00 AM</p>	<p>20.</p> 	<p>21. BUILDING CLOSED No Transportation, No meal delivery (due to Pumpkin Show)</p>
<p>24. Exercise 9:00 -10:00 AM</p> <p>FALL HEALTH FESTIVAL Pickaway County Fairgrounds 9am — 2pm</p> <p>Card table set (games) 1PM</p>	<p>25. BP Clinic NEW TIME 11 AM</p> <p>COOKING FOR ONE OR TWO Pickaway Extension 1pm</p> <p>Clogging 3:00 PM</p>	<p>26. Exercise 9:00 -10:00 AM</p> <p>TIMED UP AND GO TEST Honor Home Health 1pm</p>	<p>227. Produce Truck</p> <p>Chair Yoga 12:30 PM</p>	<p>28. Exercise 9-10 AM Humana 10:00 –11:30 AM Bingo 10-11 AM Bible Study 10-11 AM Line Dancing 1 PM</p>
<p>31. Exercise 9:00 - 10:00 AM</p> <p>Card table set (games) 1PM</p>	