

## Belgrade Senior Center – October 2021 Activities

Activities may change without notice.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 8:30 Pinochle 9:00 Needleaires 12:00 Lunch	2
3	4 9:00 Full Body Workout 10:15 Line Dancing 12:00 Lunch 12:30 Pinochle	5 9:30 Full Body Workout 12:00 Lunch 12:30 Cribbage	6 9:00 Full Body Workout 10:30 Hand & Foot 12:00 Lunch 1:00 Zumba	7 9:30 Full Body Workout 12:00 Lunch: <b>Oktoberfest</b> 12:45: Bingo	8 8:30 Pinochle 9:00 Needleaires 12:00 Lunch	9
10	11 9:00 Full Body Workout 10:15 Line Dancing 12:00 Lunch: <b>Area IV Presentation</b> 12:30 Pinochle	12 9:30 Full Body Workout 12:00 Lunch 12:30 Cribbage	13 9:00 Full Body Workout 10:30 Hand & Foot 1:00 Zumba	14 9:30 Full Body Workout 12:00 Lunch 12:45: Bingo	15 8:30 Pinochle 9:00 Needleaires 12:00 Lunch	16
17	18 9:00 Full Body Workout 10:15 Line Dancing 12:00 Lunch 12:30 Pinochle <b>12:30 Board Meeting</b>	19 9:30 Full Body Workout 12:00 Lunch 12:30 Cribbage	20 9:00 Full Body Workout 10:30 Hand & Foot <b>12:00 October Birthday Lunch</b> 1:00 Zumba	21 <b>7:00-8:30 Belgrade Breakfast Club</b> 9:30 Full Body Workout 12:00 Lunch 12:45: Bingo	22 8:30 Pinochle 9:00 Needleaires 12:00 Lunch: <b>Let's Eat Pumpkins</b>	23 Quilting Day
24  31	25 9:00 Full Body Workout 10:15 Line Dancing 12:00 Lunch 12:30 Pinochle	26 9:30 Full Body Workout 12:00 Lunch 12:30 Cribbage	27 9:00 Full Body Workout 10:30 Hand & Foot 12:00 Lunch 1:00 Zumba	28 9:30 Full Body Workout 12:00 Lunch 12:45: Bingo	29 8:30 Pinochle 9:00 Needleaires <b>12:00 Dress up Lunch</b>	30