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Golden Connections Community Center
20 Gotham Place
Red Lion, PA 17356

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20 Gotham Place
Red Lion, PA 17356
P:717.244.7229
8:30 a.m. – 2:30 p.m.
www.gcccenter.com

Monthly Newsletter



Upcoming Event for October

October 1	Gourdy2Shoes
October 4	Ancient Grains w/ Barbara Goll
October 8	Climate & Your Health w/ Alan Peterson
October 9	Outreach Program w/ Representative from Stan Saylor's Office
October 10	Meet & Greet w/ Judith Higgins Running for County Commissioner
October 11	Home Improvement Program
October 14	Center Closed/Columbus Day
October 16	Art Studio w/ Jude
October 16	Bluebirds
October 17	Beck Funeral Home w/ Bellomo
October 18	Jokesters
October 21	Car Fit Clinic
October 21	Hair/Nails w/ Missy
October 23	Art Studio w/ Jude
October 24	Insomnia w/ Beth Miller
October 25	Bus Trip to Green Dragon
October 29	Center Closed/Training Day
October 31	Halloween Bash!

For a full list of Octobers' activities, please see the Activities Calendar located in the center of the October Newsletter.

MAKE YOUR NEXT MOVE WITH

Confidence



RE/MAX PATRIOTS
1770 East Market Street
York, PA 17402

Melissa Ruffing
Realtor®, ABR®, SRES®
Licensed in MD & PA
Office: 717-840-4848 x 153
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ruffing.melissa@gmail.com
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Confidence comes from knowing you are prepared to take the next step with an expert at your side. As a Senior Real Estate Specialist, (SRES®) I have the skills to help people aged 50+ through housing transitions. If you or a loved one are considering buying or selling a home, I would be pleased to be the SRES® that will help you make your next move... with confidence.



Senior Center Sponsors

October is National Physical Therapy Month



Physical Therapists are Movement Experts

A Physical Therapist's skill set differs from other healthcare practitioners and personal trainers because of their extensive education, knowledge and training in human movement. Physical therapists are movement experts who optimize quality of life through prescribed exercise, hands-on care, and patient education.

Some of the Benefits of Physical Therapy:

- **Maximize Movement**
 - PT's are able to identify and treat movement problems to assist in overall quality of life.
- **Reduce the need for Opioids**
 - The CDC urges health care providers to reduce the use of opioids in favor of safe alternatives such as physical therapy.
- **Patient Empowerment**
 - Physical therapists empower patients to be active participants in their own treatment, and work with other healthcare professionals to ensure patients receive comprehensive care.
- **Avoid Surgery**
 - Physical Therapy has been found to be a successful alternative to surgery for some conditions, including meniscal tears, knee osteoarthritis, rotator cuff tears, spinal stenosis and degenerative disc disease.

October

is

Breast Cancer Awareness Month

Join the GCCC, and wear **PINK** every Friday to show your support for the fighters, admiration for the survivors, honoring the taken, and never ever giving up hope.



175 N. Main Street
Spring Grove, PA 17362
Christopher M. Beck, Supervisor
(717) 225-1677



3670 East Market Street
York, PA 1740
Nicholas Beck, Supervisor
(717) 714-6033
Branch Location

MISCONCEPTIONS of Planning **Your Funeral in Advance**

1. I Don't Need to Talk About It
2. My Insurance Will Take Care of Everything
3. I Can't Afford It
4. My Children/Brother/Uncle/Friend/Lawyer Will
5. I Don't Need to Plan Because I want to be Cremated
6. My Family Knows My Wishes
7. I am A Veteran – The Government Will Take Care of Me
8. I'm Not from This Area, And I Don't Know Where My Funeral Will Be
9. I Need to Know More About This
10. I Don't Know Your Phone Number.... (717)225-1677

For more detailed information about these misconceptions, check out the blog at www.gcccenter.com.

Bluebirds



The Bluebirds October Luncheon will be on Wednesday, October 16th at 11:30 a.m., at the York Buffet 2965 Concord Rd., York. Any Questions, please contact: Tisha Eckenrode 717-586-5936 or Isabel Murphy 516-641-4076.

ALL LADIES ARE WELCOME!!!

Halloween Bash!

Join the Golden Connections Community Center on Thursday, October 31st for our annual Halloween Bash. We will start the day with our annual game of Pass the Pumpkin, and then enjoy a few games along with our pumpkin/gourd catapults. What is Halloween without a few creepy crawly bugs? This year we will welcome Ryan the Bug Man to join us and share his 6-legged collection at 10:15 a.m. Costume Contest will begin at 12:00 noon followed by a little Boot Scootin BOOOOgey with Jean and the GCCC Line Dancers. Hope you can join us!



Trimmer's Hair & Nail Shop

Cut.....\$12

Manicure.....\$10

Suggested Tip

Certified Cosmetologist, Missy Trimmer visits the Golden Connections Community Center on a monthly basis, to offer her services to local seniors at their convenience. Seniors have the opportunity to get a cut, style, or manicure at the GCCC. If a member would like further services such as a perm or color treatment, Missy can provide all services in the privacy of your own home, just schedule with her directly by calling 717-577-7285. Prices are Low! And Walk in's are welcome! Missy will be seeing clients at the GCCC on Monday, October 21st between the hours of 10:00 a.m. and 11:00 a.m. Please make appointments ahead of time by contacting the Golden Connections Community Center at 717-244-7229.



Find and circle these objects:

diamond ring	worm	hair brush
hair pin	wagon wheel	comb
sling shot	egg in frying pan	star
sandwich	match stick	toy car
drumstick	false teeth	eye glasses

Name _____

Brain Fitness

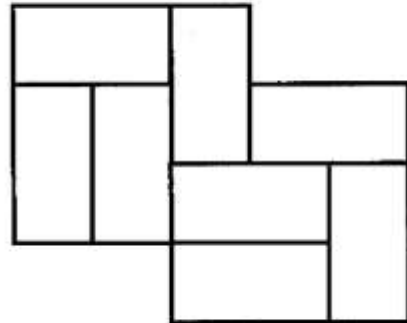
Turning on Your Engine

Hello, My Name Is Wrong

Language

Spatial Planning

Fit the Pieces into the frame to form common, uncapitalized words reading across and down crossword-style. There's no need to rotate the pieces; they'll fit as shown, with each piece used exactly once.



LAST MONTH'S BRAIN FITNESS ANSWERS:

Hello, My Name Is Wrong

More Munny and Les Thyme

Golden WINGS

WIDOWS IN NEED OF GREIF SUPPORT

The next WINGS meeting will be held on **Tuesday, October 22nd at 10:30 a.m.** This meeting will give members the opportunity to further discuss and plan our community project and begin our Tree of Hope. All Widows and Widowers are welcome to join us with no obligations.

Line Dancing

The Golden Connections Community Center has restarted Evening Line Dance classes. The evening classes are held every Tuesday from 6:00 p.m. - 7:30 p.m., unless otherwise posted. Evening Classes are FREE to Center Members and cost \$3.00 per person for Non-Center Members. The GCCC also offers Line Dancing Classes Weekly to Senior Center Members on Tuesday and Thursday Afternoons at 12:15 p.m. We are excited to see how much these classes have grown. Everyone is bound to have fun, even if you think you can't dance!

Flu Shot Clinic

Wednesday, October 30th the GCCC with partner with Walgreens to host a Flu Shot Clinic from 10:00 a.m. -12:00 noon. Flu shots are covered by Medicare, if you do not have Medicare and would like a shot contact Kasie Ream, Director of Social Services, for assistance. Please Sign-up using the Senior Center Copilot system to allow for planning.



BOOK OF THE MONTH CLUB

October's Book of the month is "*Little Fires Everywhere*" by Celeste Ng. Little Fires Everywhere explores the weight of long-held secrets and the ferocious pull of motherhood-and the danger of believing that planning and following the rules can avert disaster, or heartbreak. Join us for this month's book club. The book will be distributed on Friday, October 4th at 9:15 a.m. Members will discuss this book on Friday, October 25th at 9:15 a.m.

Center Guest Speakers

On **Friday, October 4th at 10:30 a.m.**, we welcome Barbara Goll, to offer a presentation on *Ancient Grains*. Ancient grains are a grouping of grains and pseudocereals that are considered to have been minimally changed by selective breeding over recent millennia, as opposed to more widespread cereals such as corn, rice and modern varieties of wheat, which are the product of thousands of years of selective breeding. Members will also get the chance to sample some of these Ancient Grains. Feel free to join us to learn more about the foods we eat and how they have evolved over time.

Climate change seems to be a hot topic for discussion in the current media, and with the increase in severe weather situations, it leaves a person with many questions and concerns. The GCCC is eager to welcome *Alan Peterson to present on the topic of "Climate Change and Your Health" on Tuesday, October 8th at 10:30 a.m.* Please join us by becoming more aware of the environment around us and how changes in the environment are going to affect all of us and our health.

The Golden Connections Community Center welcomes *Judith Higgins, Candidate for County Commissioner for a Meet & Greet* event on **Thursday, October 10th at 10:30a.m.** Feel free to join us at this meet and greet event to learn more about Judith and her goals if elected as a County Commissioner.

Do You Need Help With Important Home Repairs? The *York County Home Improvement Program* is designed to help income-eligible resident homeowners in York County (outside of the City of York) by providing financial and technical assistance for necessary home repairs including, but not limited to, roofing, heating, major electric, major plumbing, septic systems and water/sewer hookups, as well as senior-safe/ADA modifications to the home, to allow for better accessibility. Assistance is provided in the form of a loan or grant. Loans are zero interest and deferred, meaning no monthly payment is required. To secure the loan, a mortgage in the amount of the loan is filed against the property. Grants are not required to be paid back. For additional information about the Program join us at the Golden Connections Community Center on **Friday, October 11th at 10:30 a.m.** for a seminar regarding this program.

Looking for a Laugh? Look no farther than the *Jokesters* performing at the Golden Connections Community Center on **Friday, October 18th at 10:30 a.m.** The Jokesters are a group of amateur stand-up comedians who are going gray with joy! These lovely ladies will be here to bring a little laughter into your life. Uproariously funny, we hope you can join us for a few laughs.

Let's Go to A MOVIE....

At the Golden Connections Community Center

Join members of the GCCC on *Friday, October 25th at 12:00 p.m.* as we host our first BIG SCREEN Movie using our new 80-inch Projection Screen. Theatre snacks will be provided to those in attendance. The featured film will be "Gods Not Dead". This film weaves together multiple stories of faith, doubt and disbelief, culminating in a dramatic call to action. The film will educate, entertain, and inspire moviegoers to explore what they really believe about God, igniting important conversations and life-changing decisions.



Wreaths with Dottie & Jean

The GCCC is happy to have members Dottie Swann & Jean Carter, to host a wreath making event. On *Wednesday, November 20th at 10:15 a.m.*, members will have the opportunity to create their very own Holiday Wreaths as pictured. For those that may need a little more time, feel free to return to complete your project on Thursday,



November 21st at 10:15 a.m. We will also use this time to discuss the GCCC Give Back Event. This is a Sign-up MANDATORY event to allow for planning of supplies. Please see Kasia Ream to sign-up before November 15th.



Trips

Golden Connections Community Center has collaborated with multiple travel companies to ensure our members are being offered a variety of trip opportunities. Feel free to contact our center directly for more trip information or you may choose to contact the travel agency directly.

Krouse Travel Agency ~ 717-244-6410

Wednesday, December 4 – **Always Patsy Cline – A Country Christmas** – At Mt. Airy Resort and Casino include a delicious buffet luncheon, the Show and \$15 in slot play. \$105 pp

Saturday, December 7 – **Dickens Christmas Festival** in Wellsboro, Pa. To begin the Christmas celebration this small mountain town closes its main street to traffic and opens them to an array of craft and food vendors, Christmas decorations, strolling bands and chorus’ plus costumed players. Included is a performance in the Coolidge Theater plus a dinner buffet enroute home. \$149pp

Wednesday, December 11 – **New York City Christmas Show** – More info to come... *Contact Krouse Travel Directly to receive more information and cost regarding this trip*

Step up with the Pacesetters ~ 717-757-3209

Friday, November 1st – **Lunch At An Amish Home** – Jon the Lapp’s at home for a lunch consisting of homemade bread, jams and butter, salad, real mashed potatoes, 2 meat choices, vegetables from Ruth’s Garden, homemade noodles, beverages, and desserts. Join us for a unique experience.

\$34.00pp Deadline: October 20th

The Pacesetters invite you to come along with them to
HOLLYWOOD CASINO
On the following dates
(All dates are the Last Thursday of each month)

October 31th
November 21th

Casino Packages include: \$30.00 in FREE slot play and \$5.00 off the epic buffet or 25% off at any of the other restaurants
Contact “Pacesetters” for more information or to sign up.

Stay tuned for the 2020 Trips List....

It is never to soon to plan for the future or for your loved one’s future. The loss of a love one is one of the hardest experiences that most people go thru. While most families with assets, execute a will an estate plan may also be something to consider. A key advantage of an estate plan is its power to minimize the probate process and its expenses, delays, and loss of privacy. ***Beck Funeral Home*** will partner with ***Bellomo*** to offer an ***Estate Planning Seminar*** on **Thursday, October 17th at 10:30 a.m.** Please take time out of your schedule to attend this event and learn more about the process and advantages of estate planning.

On **Monday, October 21st at 9:30 a.m.** the GCCC will welcome back the ***CarFit Program***. What is the CarFit Program? CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community. Please feel free to join us for this program to make sure you are CarFit!

Insomnia is a sleep disorder that is characterized by difficulty falling and/or staying asleep. People with ***insomnia*** have one or more of the following symptoms: Difficulty falling asleep. Waking up often during the night and having trouble going back to sleep. Waking up too early in the morning. If you suffer from Insomnia, please join us on **Thursday, October 24th at 10:30 a.m.** for a presentation on ***Insomnia with Beth Miller form OSS.***

GREEN DRAGON FARMERS MARKET

On **Friday, October 25th** the GCCC will offer a bus trip to the Green Dragon Farmers Market in Ephrata, Lancaster Counter. The bus will depart from the center at 9:30 a.m. with an expected arrival time at the market of 10:15-10:30 a.m. Participants can enjoy a few hours of shopping and lunch at one of the family owned on-site eateries. With a departure time from the market set for 1:30 p.m. and an expected arrival back to Red Lion around 2:30 p.m. See Kasie Ream, Director of Social Services, to secure your seat on this trip.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	October Birthdays			
	October 1	October 2	October 3	October 4
	Country Fried Chicken (1 each) with 2 ounces Creamy Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Mixed Vegetables Wheat Bread Fresh Fruit Birthday Cake	Sloppy Joe (1/2 cup) 1/2 cup Ranch Seasoned Potatoes 1/2 cup Green Beans Whole Grain Sandwich Roll 1/2 cup Mandarin Oranges	Pumpkin Alfredo Chicken (1/2 cup) over 3/4 cup Bow Tie Noodles 1 cup Tossed Salad with Tomato and Dressing Italian Bread 1/2 cup Pineapple Tidbits	Roasted Pork with Apples (1 each) 1/2 cup Whipped Potatoes 1/2 cup Carrots Mini Biscuit with Apple Butter Cookie
October 7	October 8	October 9	October 10	October 11
Creamy Chicken Divan (6 ounces) over 1/2 cup White Rice 1/2 cup Mixed Vegetables Breadstick 1/2 cup Peaches	Cottage Pie (4 ounces) Stewed Beef and Vegetables in Gravy Topped with 2 ounces Buttery Mashed Potatoes 1/2 cup Coleslaw Whole Grain Biscuit 1/2 cup Warm Cinnamon Applesauce	Bratwurst (1 each) 1/2 cup Scalloped Potatoes 1/2 cup Peas Hot Dog Roll 1/2 cup Pears Mustard Packet	Greek Chicken Salad Diced Chicken (3 ounces), Black Olives, Red Onion, Tomato, Mozzarella Cheese 1 cup Mixed Greens with Dressing 1 cup Wedding Soup with Crackers Dinner Roll 1/2 cup Mandarin Oranges	Warm Roast Beef (3 ounces) Sandwich with AuJus 1/2 cup Ranch Potatoes 1/2 cup Mixed Vegetables Sandwich Roll 1/2 cup Tropical Fruit
October 14	October 15	October 16	October 17	October 18
 SENIOR CENTERS CLOSED	Chicken Caesar Club (1 each) with Lettuce, Tomato, and Cheese 1 cup Creamy Broccoli Soup with Crackers Sandwich Roll 1/2 cup Blushed Pears Condiments	Salisbury Steak (1 each) with 2 ounces Onion Gravy 1/2 cup Cabbage and Noodles 1/2 cup Diced Carrots Wheat Bread 1/2 cup Pineapple Delight	BBQ Pulled Pork (1/2 cup) 1/2 cup Seasoned Potatoes 1/2 cup Lima Beans Sandwich Roll 1/2 cup Sliced Apples	Seafood Macaroni and Cheese (1 cup) 1/2 cup Stewed Tomatoes Whole Grain Dinner Roll Fresh Fruit
October 21	October 22	October 23	October 24	October 25
Smokey BBQ Burger (1 each) Topped with BBQ Sauce, Crispy Onions, and Cheddar Cheese 1 cup Creamy Cauliflower Soup with Crackers Sandwich Roll Fresh Seasonal Fruit	Sweet and Sour Roasted Pork Loin (1 each) 1/2 cup Blended Rice Pilaf 1/2 cup Green Beans Whole Grain Dinner Roll 1/2 cup Mixed Fruit	Open-Faced Hot Turkey (3 ounce slice) Sandwich with Gravy 1/2 cup Mixed Vegetables White Bread 1/2 cup Applesauce	Baked Meatloaf Marinara (1 each) with Mozzarella Cheese Topping 1/2 cup Garlic Whipped Potatoes 1/2 cup Parmesan Corn Wheat Bread 1/2 cup Banana Pudding	Chicken and Biscuit (1 cup) 1/2 cup Pepper Slaw Whole Grain Buttermilk Biscuit 1/2 cup Warm Peaches
October 28	October 29	October 30	October 31	
Lemon Pepper Chicken with Gravy (1 each) 1/2 cup Vegetable Rice Pilaf 1/2 cup Green Beans Wheat Bread Fresh Fruit	Baked Cabbage Roll (1 each) with 2 ounces Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Carrots Sherbet	Chicken (3 ounces) Taco with Lettuce, Taco Sauce, Sour Cream 1/2 cup Seasoned Corn and Black Beans 1/2 cup Seasoned Rice Soft Tortilla Shell Fresh Fruit	Ghostly Chili (1 cup) 1/2 cup Fingers and Ant Salad 4 ounces Hocus Pocus Juice Moldy Biscuit 1/2 cup Pumpkin Potion	

*** All meals are subject to change ***

*** Served daily: 8 ounces Milk and 1 teaspoon Margarine



October 2019
Home Delivered Meal Menu










MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>October 1</p> <p>Egg Salad Sandwich with Lettuce and Tomato</p> <p>Macaroni Salad</p> <p>Tomato and Cucumber Salad</p> <p>White Bread</p> <p>Sliced Apples</p> 	<p>October 2</p> <p>Sloppy Joe</p> <p>Ranch Seasoned Potatoes</p> <p>Green Beans</p> <p>Whole Grain Sandwich Roll</p> <p>Mandarin Oranges</p>	<p>October 3</p> <p>Turkey Chef Salad with Turkey, Cheddar Cheese, and Hard Boiled Egg</p> <p>Tossed Salad with Cucumber</p> <p>Pasta Salad</p> <p>Whole Grain Dinner Roll</p> <p>Pineapple</p> 	<p>October 4</p> <p>Roasted Pork with Apples</p> <p>Whipped Potatoes</p> <p>Carrots</p> <p>Mini Biscuit with Apple Butter</p> <p>Cookie</p>
<p>October 7</p> <p>Creamy Chicken Divan over White Rice</p> <p>Mixed Vegetables</p> <p>Breadstick</p> <p>Peaches</p> 	<p>October 8</p> <p>Turkey and Cheese Sandwich with Lettuce and Tomato</p> <p>Potato Salad</p> <p>Tomato Salad</p> <p>White Bread</p> <p>Applesauce</p>	<p>October 9</p> <p>Bratwurst</p> <p>Scalloped Potatoes</p> <p>Peas</p> <p>Hot Dog Roll</p> <p>Pears</p> <p>Mustard Packet</p> 	<p>October 10</p> <p>Greek Chicken Salad</p> <p>Diced Chicken, Black Olives, Red Onion, Tomato, Mozzarella Cheese</p> <p>Mixed Greens with Dressing</p> <p>Three-Bean Salad</p> <p>Dinner Roll</p> <p>Mandarin Oranges</p>	<p>October 11</p> <p>Warm Roast Beef Sandwich with AuJus</p> <p>Ranch Potatoes</p> <p>Mixed Vegetables</p> <p>Sandwich Roll</p> <p>Tropical Fruit</p> 
<p>October 14</p> <p></p> <p>SENIOR CENTERS CLOSED</p> <p>FROZEN MEAL</p>	<p>October 15</p> <p>Chicken Caesar Club with Lettuce, Tomato, and Cheese</p> <p>Parsley Redskin Potatoes</p> <p>Corn</p> <p>Sandwich Roll</p> <p>Blushed Pears</p> <p>Condiments</p> 	<p>October 16</p> <p>Salisbury Steak with Onion Gravy</p> <p>Cabbage and Noodles</p> <p>Diced Carrots</p> <p>Wheat Bread</p> <p>Pineapple Delight</p>	<p>October 17</p> <p>Cold Roast Beef and Cheese Sandwich</p> <p>Potato Salad</p> <p>Wheat Bread</p> <p>Fruit Juice</p> <p>Tropical Fruit</p> 	<p>October 18</p> <p>Seafood Macaroni and Cheese</p> <p>Stewed Tomatoes</p> <p>Whole Grain Dinner Roll</p> <p>Fresh Fruit</p>
<p>October 21</p> <p>Smokey BBQ Burger Topped with BBQ Sauce, Crispy Onions, and Cheddar Cheese</p> <p>Buttered Potatoes</p> <p>Carrots</p> <p>Sandwich Roll</p> <p>Fresh Seasonal Fruit</p> 	<p>October 22</p> <p>Old Fashioned Spread Sandwich</p> <p>Pasta Salad</p> <p>Three-Bean Salad</p> <p>Wheat Bread</p> <p>Mixed Fruit</p>	<p>October 23</p> <p>Open-Faced Hot Turkey Sandwich with Gravy</p> <p>Whipped Potatoes with Chives</p> <p>Mixed Vegetables</p> <p>White Bread</p> <p>Applesauce</p> 	<p>October 24</p> <p>Cold Meatloaf Sandwich</p> <p>Macaroni Salad</p> <p>Beets</p> <p>White Bread</p> <p>Pears</p>	<p>October 25</p> <p>Chicken and Biscuit</p> <p>Pepper Slaw</p> <p>Whole Grain Buttermilk Biscuit</p> <p>Warm Peaches</p> 
<p>October 28</p> <p>Lemon Pepper Chicken with Gravy</p> <p>Vegetable Rice Pilaf</p> <p>Green Beans</p> <p>Wheat Bread</p> <p>Fresh Fruit</p>	<p>October 29</p> <p>Grilled Chicken Sandwich with Cheese</p> <p>Broccoli Salad</p> <p>Sandwich Roll</p> <p>Mandarin Oranges</p> <p>Cookie</p> 	<p>October 30</p> <p>Chicken Taco with Lettuce, Taco Sauce, Sour Cream</p> <p>Seasoned Corn and Black Beans</p> <p>Seasoned Rice</p> <p>Soft Tortilla Shell</p> <p>Fresh Fruit</p>	<p>October 31</p> <p>Chef Salad</p> <p>Tossed Salad with Tomato and Dressing</p> <p>Carrot and Raisin Salad</p> <p>Dinner Roll</p> <p>Fruit Juice</p> 	<p></p>

*** All meals are subject to change ***

*** Served daily: 8 ounces Milk and 1 teaspoon Margarine



Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Games 9:15 ABC's of Fitness 9:30 Wii 10:30 Gourdy2Shoes 12:15 Line Dancing	2 9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:30 Blood Pressure Checks 12:15 Penny BINGO 1:00 I-Pad/Computer Q & A	3 9:00 Games 9:15 ABC's of Fitness 9:30 Wii 10:30 Who Wants to Be a Millionaire 12:15 Line Dancing	4 9:00 Games 9:15 Distribute Book ~ Little Fires Everywhere 10:30 Ancient Grains w/ Barbara Goll 12:15 Get In Step 1:00 Computer Q & A PINK Friday 
7 9:00 Games 9:15 Strength Training 10:30 Jenga 12:15 BINGO 1:00 I-Pad Q & A	8 9:00 Games 9:15 ABC's of Fitness 9:30 Wii 10:30 Climate & Your Health w/ Alan Peterson 12:15 Line Dancing	9  9:00 Games 9:00 Zumba 9:00 Outreach Program w/ Rep. form Stan Saylor's Office 9:30 Scrabble Club 10:30 Blood Pressure Checks 12:15 Penny BINGO 1:00 I-Pad/Computer Q & A	10 9:00 Games 9:15 ABC's of Fitness 9:30 Wii 10:30 Meet & Greet w/ Judith Higgins <i>Running for County Commissioner</i> 12:15 Line Dancing	11 9:00 Games 9:15 Adult Coloring 10:30 Home Improvement Program 12:15 Get In Step 1:00 Computer Q & A PINK Friday 
14 <p style="text-align: center;">Center Closed</p> <p style="text-align: center;"><i>For Columbus Day</i></p>	15 9:00 Games 9:15 ABC's of Fitness 9:30 Wii 10:30 Word Brain – I-pad 12:15 Line Dancing	16 9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:15 Art Studio w/ Jude ~Project: TBD 11:30 Bluebirds 12:15 Penny BINGO 1:00 I-Pad/Computer Q & A	17 9:00 Games 9:15 Sweat into the Oldies 9:30 Wii 10:30 Beck Funeral Home w/ Bellomo to discuss Estate Planning 12:15 Pictionary	18 9:00 Games 9:30 Bean Bag Toss 10:30 Jokesters 12:15 BINGO 1:00 Computer Q & A PINK Friday 
21 9:00 Games 9:15 Strength Training 9:30 Car Fit Clinic 10:00 Hair/Nails w/ Missy 12:15 BINGO 1:00 I-Pad Q & A	22 9:00 Games 9:15 ABC's of Fitness 9:30 Wii 10:30 WINGS Meeting 12:15 Line Dancing	23 9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:15 Art Studio w/ Jude ~Project: TBD 12:15 Nickel BINGO 1:00 I-Pad/Computer Q & A	24 9:00 Games 9:15 ABC's of Fitness 9:30 Wii 10:30 Insomnia w/ Beth Miller 12:15 Line Dancing	25 9:00 Games 9:15 Book Discussion w/ Heather 9:30 Green Dragon Trip 10:15 Aerobic Video 12:00 Movie: "Gods Not Dead" 1:00 Computer Q & A 1:30 BINGO at the Villa PINK Friday 
28 9:00 Games 9:15 Strength Training 10:30 Dominos 12:15 BINGO 1:00 I-Pad Q & A	 <p style="text-align: center;">Center Closed</p> <p style="text-align: center;"><i>For Training Day</i></p>	30 9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:00-12:00 Flu Shot Clinic w/ Walgreens 12:15 Penny BINGO 1:00 I-Pad/Computer Q & A	31 Happy Halloween! 9:00 Pass the Pumpkin 9:15 Halloween Bash! 10:15 Ryan the Bug Man 11:15 Costume Contest 12:15 Line Dancing	