

OCTOBER ACTIVITY CALENDAR

Monday

Tuesday

Wednesday

Thursday

Friday

			1 10:00 PickleBall 9:00 ZUMBA Gold <i>(SMP)</i> 1:00 Games	2 10:00 Tennis Health Maintenance Clinic 9:00 to 1:00 12:45 Bingo
5 10:00 Tennis 10:00 to 3:00 Caring Hands of Johnston <i>(knit-crochet-sew)</i>	6 10:00 PickleBall 9:30 Mah Jongg YOGA 9:30 & 10:45	7 <u>HEALTHIEST STATE INITIATIVE</u> <i>Senior Programs Cancelled.</i> Join in this event. Walk, Shots, Healthy Snacks.	8 10:00 PickleBall 9:00 ZUMBA Gold <i>News U can Use (following lunch)</i> 1:00 Games	9 10:00 Tennis Eyerly-Ball <i>(following lunch)</i> 12:45 Bingo
12 10:00 Tennis Johnston Senior Adv. Board 1:00 10:00 to 3:00 Caring Hands of Johnston <i>(knit-crochet-sew)</i>	13 10:00 PickleBall 9:30 Mah Jongg YOGA 9:30 & 10:45	14 9:45 Silver Sneakers 10:00 Tennis “Sew-cial” <i>(sewing-quilting)</i> 10:0 to 3:00 11:30 Bridge 1:00 Games	15 10:00 PickleBall 9:00 ZUMBA Gold <i>Nutrition News (following lunch)</i> 1:00 Games	16 10:00 Tennis 12:45 Bingo
19 10:00 Tennis 10:00 to 3:00 Caring Hands of Johnston <i>(knit-crochet-sew)</i>	20 10:00 PickleBall 9:30 Mah Jongg YOGA 9:30 & 10:45	21 9:45 Silver Sneakers 10:00 Tennis 11:30 Bridge 1:00 Games Senior Fun Night 6:30 to 9:30	22 10:00 PickleBall 9:00 Zumba Gold 1:00 Games	23 10:00 Tennis 12:45 Bingo
26 9:00 Tennis 10:00 to 3:00 Caring Hands of Johnston <i>(knit-crochet-sew)</i>	27 9:00 PickleBall 9:30 Mah Jongg YOGA 9:30 & 10:45	28 9:45 Silver Sneakers 10:00 Tennis “Sew-cial” <i>(sewing-quilting)</i> 10:0 to 3:00 11:30 Bridge 1:00 Games	29 10:00 PickleBall 9:00 Zumba Gold 1:00 Games HALLOWEEN FUN. COME IN COSTUME!	30 10:00 Tennis 12:45 Bingo

Johnston/Polk County Senior Center – 6300 Pioneer Parkway-Johnston IA 50131-Phone 515-251-3707.