


2019

OCTOBER

La Pine Senior Activity Center  
September Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	01 Yoga, 8:30 am Healthy Walk, 9 am Grief Support, 10 am LUNCH, 11:45 am Bingo, 12:45 pm AA, 7 pm	02 Quilting, 9 am Line Dancing, 9 am LUNCH, 12 pm	03 Quilting, 9 am Body Groove, 9:30 am LUNCH, 12 pm Pinochle, 1 pm Weight Watchers, 5 pm	04 Healthy Walk, 9 am Tai Chi, 10 am Bridge, 12 pm Bunco, 6 pm	05
06	07 Line Dancing, 9 am Pinochle, 9:30 am Body Groove, 10:30 am Bingo, 5:45 pm	08 Yoga, 8:30 am Healthy Walk, 9 am Board Mtg, 9:30 am LUNCH, 11:45 am Bingo, 12:45 pm Genealogy, 1 pm AA, 7 pm	09 Quilting, 9 am Line Dancing, 9 am LUNCH, 12 pm PT talk (Low Back Pain), 12:30pm	10 Quilting, 9 am Body Groove, 9:30 am LUNCH, 12 pm Pinochle, 1 pm Weight Watchers, 5 pm	11 Healthy Walk, 9 am Tai Chi, 10 am Bridge, 12 pm	12
13	14 Line Dancing, 9 am Body Groove, 10:30 am Bingo, 5:45 pm	15 Yoga, 8:30 am Healthy Walk, 9 am Grief Support, 10 am LUNCH, 11:45 am Bingo, 12:45 pm AA, 7 pm	16 Quilting, 9 am Line Dancing, 9 am LUNCH, 12 pm	17 Quilting, 9 am Body Groove, 9:30 am LUNCH, 12 pm Pinochle, 1 pm Weight Watchers, 5 pm	18 Healthy Walk, 9 am Tai Chi, 10 am Bridge, 12 pm Just Paint, 6 pm	19
20	21 Foot Clinic, 9 am Line Dancing, 9 am Body Groove, 10:30 am Bingo, 5:45 pm	22 Yoga, 8:30 am Healthy Walk, 9 am LUNCH, 11:45 am Bingo, 12:45 pm Genealogy, 1 pm AA, 7 pm	23 Quilting, 9 am Line Dancing, 9 am LUNCH, 12 pm	24 Quilting, 9 am Body Groove, 9:30 am LUNCH, 12 pm Pinochle, 1 pm Weight Watchers, 5 pm	25 Healthy Walk, 9 am Tai Chi, 10 am Bridge, 12 pm	26 HALLOWEEN DINNER AND DANCE 5-10 PM 
27	28 Line Dancing, 9 am Body Groove, 10:30 am Bingo, 5:45 pm	29 Yoga, 8:30 am Healthy Walk, 9 am LUNCH, 11:45 am Bingo, 12:45 pm AA, 7 pm	30 Quilting, 9 am Line Dancing, 9 am LUNCH, 12 pm PT talk (Hand Pain), 12:30	31 Quilting, 9 am Body Groove, 9:30 am LUNCH, 12 pm Pinochle, 1 pm Weight Watchers, 5 pm	01	02