

Mon	Tue	Wed	Thu	Fri
<p><b>REMINDERS:</b>  <b>State Fair sign up ends October 4</b></p> <p><b>November 1st—  FLU SHOTS</b></p>	<p>1  Scattergories  10:00-11:15</p> <p>Arthritis Foundation  Exercise 10:45-11:45</p>	<p>2  ZUMBA with Celeste  10:15-11:00</p> <p>Bible Study  11:00-12:00</p>	<p>3 <b>Chick fil-a Bingo Trip! 8:30am</b>  Take on the Topic:  Favorite Halloween Costume 10:30-11:15  Arthritis Foundation  Exercise 10:45-11:45</p>	<p>4  Coffee and Current Events 10:00-10:30</p> <p>BINGO with Kevin  10:30-11:30</p>
<p>7  Coffee and Current Events 10:00-10:30</p> <p>BINGO 10:30-11:30</p>	<p>8  Nutrition Education: Making Healthy Food Choices 10:00-11:00</p> <p>Arthritis Foundation  Exercise 10:45-11:45</p>	<p>9  ZUMBA with Celeste  10:15-11:00</p> <p>Bible Study  11:00-12:00</p>	<p>10  Word Search Puzzles 10:00-11:00  Arthritis Foundation  Exercise 10:45-11:45  <b>Wal-Mart Shopping Trip 1:30pm</b></p>	<p>11  Coffee and Current Events 10:00-10:30</p> <p>Diabetes Education  10:30am to 11:30am</p>
<p>14  Coffee and Current Events 10:00-10:30</p> <p>BINGO 10:30-11:30</p>	<p>15 <b>Senior Games 9:30-12:00</b>  Take on the Topic: Favorite Halloween Candy 10:30-11:15  Arthritis Foundation  Exercise 10:45-11:45</p>	<p>16  ZUMBA with Celeste  10:15-11:00</p> <p>Bible Study  11:00-12:00</p>	<p>17  Blood Pressure Checks 10 to 12  <b>Senior Games 10:00-12:00</b>  Arthritis Foundation  Exercise 10:45-11:45</p>	<p>18  Coffee and Current Events 10:00-10:30</p> <p>Newspaper Baskets with Nancy  10:15 to 12:00</p>
<p>21  Coffee and Current Events 10:00-10:30</p> <p>BINGO 10:30-11:30</p>	<p>22  Popcorn and Movie! Hocus Pocus 10:15-12:00</p> <p>Arthritis Foundation  Exercise 10:45-11:45</p>	<p>23  ZUMBA with Celeste  10:15-11:00  It's Your Health Take Charge 10:15 - 11:30  Bible Study  11:00-12:00</p>	<p>24  Design your own Candy Corn Wreath 10:00-11:15</p> <p>Arthritis Foundation  Exercise 10:45-11:45</p>	<p>25  Coffee and Current Events 10:00-10:30</p> <p>Diabetes Education  10:30am to 11:30am</p>
<p>28  Coffee and Current Events 10:00-10:30</p> <p>BINGO 10:30-11:30</p>	<p>29  Word Search Puzzles 10:00-11:00</p> <p>Arthritis Foundation  Exercise 10:45-11:45</p>	<p>30  ZUMBA with Celeste  10:15-11:00</p> <p>Bible Study  11:00-12:00</p>	<p>31  <b>HALLOWEEN PARTY!</b>  Dress Up, Play Games, Have fun!  10:00am—12:00pm  Arthritis Foundation  Exercise 10:45-11:45</p>	<p><b>Collect Newspapers for Craft for October 18</b></p>

**CALHOUN COA**  
**Contact: Barbara Jones**  
**874-1270**

**CENTER HOURS**  
**8:30am – 3:30pm**

**Daily Events**  
Free Wireless Internet, Coffee & Daily Newspaper  
Fitness Room 8:30 – 12:00  
2:00 – 3:30  
Cards/Games 1:00 – 3:30  
Mail letters/purchase money orders & pick up prescriptions  
Current Events– 9:00 – 1:00  
Word Search, Puzzles, & Board Games 8:30am – 3:30pm

**Computer Access & Assistance**  
Monday—Friday  
8:30am-3:30pm  
**Arthritis Foundation Class**  
Tuesday & Thursday  
10:45- 11:45  
**Bible Study on Wednesday**  
11:00 – 12:00  
**Bookmobile 2nd Tuesday 10:30 – 11:30**  
**TRMC – 3rd Thursday**  
10:00 – 12:00  
**Lunch Served: 12:00 M-F**

