
























October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				 <b>TRIPS</b> US Army Band Concert At Trinity Church Supper at Carmine's Fri., November. 12th	1 9:30 Zumba Gold 11:00 Discussion Group 1:00 YMCA Exercise 1:00 Mah-Jong 	2
3	4 10:00 Italian Lessons 11:00 French Lessons  12:30 Senior Meeting	5 10:00 Advanced Bridge Lessons 12:00 Stretch Class 1:30 Art Class 	6 <b>TRIP MEET AT 8:30</b> 9:30 Beginner Belly Dancing 10:00 Inter. Bridge 1:00 Yoga Class   	7 9:30 Qi / Tai-Chi 11:00 Movie <b>Rated PG -13</b> "Bounty Hunter" 12:30 Scrabble  1:30 Duplicate Bridge 7:00 Evening Movie	8 9:30 Zumba Gold 9:30 Crocheting Class 11:00 Discussion Group 1:00 YMCA Exercise 1:00 Mah-Jong 	9
10	11 CENTER CLOSED 	12 10:00 Advanced Bridge Lessons 12:00 Stretch Class 1:30 Art Class 	13 9:30 Beginner Belly Dancing 10:00 Inter. Bridge 1:00 Yoga Class 7:00 Movie Cinema Gold "Broken Arrow" 	14 9:30 Qi / Tai-Chi 11:00 Movie <b>Rated PG -13</b> "City Island" 12:30 Scrabble  1:30 Duplicate Bridge 7:00 Evening Movie	15 9:30 Zumba Gold 11:00 Discussion Group 1:00 YMCA Exercise 1:00 Mah-Jong	16
17	10:00 - Italian Lessons 11:00 French Lessons 11:30 <b>HEALTHY EATING FOR DIABETIS PART 2</b> PLEASE SIGN UP WITH DONNAJO	19 10:00 Advanced Bridge Lessons 12:00 Stretch Class 1:30 Art Class 	20 9:30 Beginner Belly Dancing 10:00 Inter. Bridge 1:00 Yoga Class 	21 9:30 Qi / Tai-Chi 11:00 Movie <b>Rated PG -13</b> "Date Night" 12:30 Scrabble  1:30 Duplicate Bridge 7:00 Evening Movie	22 9:30 Zumba Gold 9:30 Crocheting Class 11:00 Discussion Group 1:00 YMCA Exercise 1:00 Mah-Jong 	23
24	25 NO Languages Today 10:30—12:30 Blood Pressure s Taken and Recorded 12:30 Senior Meeting  	26 10:00 Advanced Bridge Lessons 12:00 Stretch Class 1:30 Art Class 	27 9:30 Beginner Belly Dancing 10:00 Inter Bridge 1:00 Yoga Class 7:00 Movie Cinema Gold "That Hamilton Woman" 	28 9:30 Qi / Tai-Chi 11:00 Movie <b>Rated PG -13</b> "Back Up Plan" 12:30 Scrabble  1:30 Duplicate Bridge 7:00 Evening Movie	29 9:30 Zumba Gold 11:00 Discussion Group 1:00 YMCA Exercise 1:00 Mah-Jong 	30
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