

October 2023

Silver Roamers group uses Multipurpose Room every Friday.**

Virtual Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
AARP Virtual Community Center - Find Free Online Events - AARP Fitness, Gardening, & other great information for seniors				
9	10	11	12	13
AARP Virtual Community Center - Find Free Online Events - AARP Fitness, Gardening, & other great information for seniors				
16	17	18	19	20
AARP Virtual Community Center - Find Free Online Events - AARP Fitness, Gardening, & other great information for seniors				
23	24	25	26	27
AARP Virtual Community Center - Find Free Online Events - AARP Fitness, Gardening, & other great information for seniors				
30	31		Youtube Chair Exercises (30 minutes): https://www.youtube.com/watch?v=sIBsNXH4GW8 https://www.youtube.com/watch?v=dUYkIVMlzZQ&t=71s	