

VALLEY WEST CENTER ACTIVITIES OCTOBER 2017

	Mon	Tue	Wed	Thu	Fri	Sat
	2 8:00 Socialization 9:00 Exercise-Walk & Roll 10:00 Crafts/Wreath Afternoon Chit Chat	3 8:00 Socialization 10:00 Sing-Along With Gene V. 11:00 Crafting/Wreath	4 8:00 Socialization 10:00 Medicare 101 10:30 Nickel Bingo	5 9:00 Coloring Contest 10:00 Exercise-Tai Chi 11:00 Crafting/Wreath	6 8:00 Socialization 9:00 Exercise-Tai Chi 10:00 Crafting Activity	7
8 	CLOSED COLUMBUS DAY	10 8:00 Socialization 10:00 Sing-Along With Gene V. 11:00 Crafting Activity	11 8:00 Socialization 9:00 Exercise-Tai Chi 10:30 Nickel Bingo 10-Noon FLU SHOTS	12 8:00 Socialization 10:00 SURPRISE 11:00 Pokeno/Bingo	13 8:00 Socialization 9:00 Exercise-Tai Chi 10:00 Crafting Activity	14
15	16 8:00 Socialization 9:00 Exercise-Walk & Roll 10:00 Medicare Mobile Unit-United Health Plan	17 8:00 Socialization 10:00 Sing-Along With Gene V. 11:00 Crafting Activity	18 8:00 Travel Series 9:00 Exercise-Tai Chi 10:30 Nickel Bingo	19 8:00 Socialization 10:30 Visiting Angels Services for Seniors 11:00 Site Council	20 8:00 Socialization 9:00 Exercise-Tai Chi 10:00 Crafting Activity	21
22	23 8:00 Socialization 9:00 Exercise-Walk & Roll 10:00 Crafts Afternoon Chit Chat	24 8:00 Socialization 10:00 Sing-Along With Gene V. 11:00 Crafting Activity	25 8:00 Socialization 9:00 Exercise-Tai Chi 10:30 Nickel Bingo 12:30 MOVIE	26 8:00 Socialization 10:00 Wesley Norris Medicare Info & Grocery Bingo	27 8:00 Socialization 9:00 Exercise-Tai Chi 10:00 Crafting Activity Birthday Celebration	28
	30 8:00 Socialization 9:00 Exercise-Walk & Roll 10:00 Crafts Afternoon Chit Chat	31 HALLOWEEN CELEBRATION				
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