



# Senior Centers, Inc. October 2018

Mon	Tue	Wed	Thu	Fri
<b>1</b> 10:00 Exercise Surprise	<b>2</b> <b>10-12 Diabetes Class</b>	<b>3</b> 10:00– Craft: Butterfly Mobile 12:00 Speaker: Ryan Pharmacy	<b>4</b> 10:30 Americare (BPs and BSs) 11:45-Speaker Alzheimer’s 12:15 Tai Chi	<b>5</b> 12:30 Trip: Salvation Army Store
<b>8</b> 10:00 Chair Exercise	<b>9</b> <b>10-12 Diabetes Class</b> 12:15 Speaker: Eye Center	<b>10</b> 10:00 Cooking Pumpkin Custard 12:30 Seminar Knee Pain	<b>11</b> 10- Craft w/ Sherri Bottle Painting 12:15 Tai Chi	<b>12</b> 11– Out to Lunch Silver Moon Soda Grill
<b>15</b> <b>10:00 Ceramics</b> 10:00 Exercise Surprise	<b>16</b> <b>10-12 Diabetes Class</b> 11:45 Speaker Jay Gerken	<b>17</b> <b>9-11 Mercy Health Fair</b>	<b>18</b> 12:15 Tai Chi	<b>19</b> <b>10-Craft w/ Carol Paper Pumpkins</b>
<b>22</b> 10:00 Chair Exercise <b>12:30 Bingo</b>	<b>23</b> 9:30-11– Commodities & Health Screenings <b>10-12 Diabetes Class</b> 12:30 In House Movie (Hocus Pocus)	<b>24</b> <b>10-1:30 Speaker Medicare</b>	<b>25</b> 10– Craft Snack bags for TDN children 12:15 Tai Chi	<b>26</b> 9:00 FGP meeting All day BPs & BSs
<b>29</b> <b>10:00 Ceramics</b> 10:30 Beach Volleyball <b>12:30 Bingo with Keith</b>	<b>30</b> <b>10-12 Diabetes Class</b> <b>10– Visit w/ TDN children</b>	<b>31</b> <b>10-1:30 Speaker Medicare</b> <b>12:15 Halloween Party</b>	<b>Senior Centers Inc.</b> <b>2308 Jefferson</b> <b>Toledo, OH 43604</b>	

Some activities are subject to change depending on participation... When an activity is highlighted on this calendar please look on the back page to find out additional information about that activity. If you have any questions please talk to Tammy in the activities office. Visit our website: [seniorcentersinc.org](http://seniorcentersinc.org).