

October 2023 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1-3pm - Alzheimer's Caregiver Support Group - Trustee Rm 1:00-3:00pm - Memoir Writing</p>	<p>3 9-10am Blood Pressure 9:15-10am - Cardio Class 10:15-11am - Cardio Class 12:30-3:30pm - Benefit Rep 12:45-3:30pm - Hand & Foot 12:30-1:30pm - Line Dancing</p>	<p>4 9:15-10:15 - Chair Yoga 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta</p>	<p>5 9:15-10am - Cardio Class 10am - FLU CLINIC 10:15-11am - Cardio Class 12:10pm - Chair Yoga at YMCA 1:00pm...Shopping at Shaw's 1:00pm - 3:30pm - Bingo</p>	<p>6 9:30am-11am - Cribbage 10-11:15am - Yoga Mat Class</p>
<p>9</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">CENTER CLOSED FOR HOLIDAY</p>	<p>10 9:15-10am - Cardio Class 10:15-11am - Cardio Class 12:30-3:30pm - Benefit Rep 12:45-3:30pm - Hand & Foot 12:30-1:30pm - Line Dancing 1:45-3:30pm Flowers for Everyone</p>	<p>11 9:15-10:15 - Chair Yoga 9:30-10:30 - Friends Board Mtg. 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta</p>	<p>12 9:15-10am - Cardio Class 10:15-11am - Cardio Class 12:10pm - Chair Yoga at YMCA 1:00pm...Shopping at Shaw's 1:00pm - 2:00pm - Book Club 1:00pm - CONCERT AT PECK CTR **NO BINGO TODAY** 7pm - SSAB Meeting</p>	<p>13 9:30am-11am - Cribbage 10-11:15am - Yoga Mat Class 10:15 am - Road Trip to Sweet Berry Farm (prior sign up required)</p>
<p>16 9:15-10:15am - Meditation 10:30am - Coffee/Conversation by Advisory Board 12:45-3:30pm - Mah Jongg 1:00-3:00pm - Memoir Writing</p>	<p>17 9:15-10am - Cardio Class 10:15-11am - Cardio Class 12:30-3:30pm - Benefit Rep 12:45-3:30pm - Hand & Foot 12:30-1:30pm - Line Dancing</p>	<p>18 9:15-10:15 - Chair Yoga 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta</p>	<p>19 9:15-10am - Cardio Class 10:15-11am - Cardio Class 12:10pm - Chair Yoga at YMCA 1:00pm - Shopping at Shaw's 1:00pm - 3:30pm - Bingo</p>	<p>20 9:30am-11am - Cribbage 10-11:15am - Yoga Mat Class</p>
<p>23 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1 - 3pm - Mah Jongg Instructional class</p>	<p>24 9:15-10am - Cardio Class 10:15-11am - Cardio Class 12:30-3:30pm - Benefit Rep 12:45-3:30pm - Hand & Foot 12:30-1:30pm - Line Dancing</p>	<p>25 9:15-10:15 - Chair Yoga 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta</p>	<p>26 9:15-10am - Cardio Class 10:15-11am - Cardio Class 10:30-11:30 - Blood Pressure 12:10pm - Chair Yoga at YMCA 1:00pm - Shopping at Shaw's 1:00pm - 3:30pm - Bingo</p>	<p>27 9:30am-11am - Cribbage 10-11:15am - Yoga Mat Class</p>
<p>30 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1 - 3pm - Mah Jongg Instructional class</p>	<p>31 9:15-10am - Cardio Class 10:15-11am - Cardio Class 12:30-3:30pm - Benefit Rep 12:45-3:30pm - Hand & Foot 12:30-1:30pm - Line Dancing</p>		<p style="text-align: center; font-weight: bold; margin: 0;">FREE BAYSIDE YMCA PROGRAMS FOR PECK CENTER MEMBERS</p> <p style="text-align: center; margin: 0;">SILVER SNEAKERS - Tuesdays & Thursdays, 1:30pm - 2:30pm CHAIR YOGA - Thursday 12:10pm - 1:10pm ZUMBA - Tuesdays & Thursdays 11:00am - 12:00pm</p> <p style="text-align: center; margin: 0;">To participate, you must call the YMCA, 245-2444, within 24 hours of class time to register and show your Peck Center scan card upon arrival.</p>	