

# October 2021



## VIRTUAL & IN-PERSON ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>	<b>2</b>
					9:30am Daily Calm 9:30am Cardio Strength 1:30pm MOVIE: PENGUIN BLOOM	8:30 Chair Aerobics 10:00am Tai Chi Flow Plus
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	9:30am Daily Calm 9:30am Cardio Strength 11:30 Chair Yoga/Meditation 1:30pm MOVIE: LOVING	9:30am Daily Calm 10:00am Better Bal, Safer U, CCCT 11:am Line Dancing 1:00pm Art of the Needle, HPL 1:30 The Crown S3 E 4&5 7:00pm Doris Kearns Goodwin-Aronoff Center	9:30am Daily Calm 10:30am Get Ready for Medicare Open Enrollment!	9:30am Daily Calm 10:00am Restorative Chair Yoga 10:00 Better Bal, Safer U, L1 11:00am Tai Chi Flow 1:00pm Euchre-IMC	9:30am Daily Calm 9:30am Cardio Strength 1:30pm MOVIE: MISHA & THE WOLVES Ron Purdon Band @ Joseph Beth 7-9pm	8:30 Chair Aerobics 10:00am Tai Chi Flow Plus
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	9:30am Daily Calm 9:30am Cardio Strength 11:30 Chair Yoga/Meditation 1:30pm MOVIE: MARSHALL	9:30am Daily Calm 10:00am Better Bae, Safer U, CCCT 11:am Line Dancing 1:00pm Art of the Needle, HPL 1:30 The Crown S3 E 6&7	9:30am Daily Calm	9:30am Daily Calm 10:00am Restor.Chair Yoga 10:00 Better Bal, Safer U, L1 11:00am Tai Chi Flow 1:00pm Euchre-IMC	9:30am Daily Calm 9:30am Cardio Strength 1:30pm MOVIE: OUR SOULS AT NIGHT	8:30 Chair Aerobics 10:00am Tai Chi Flow Plus
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	9:30am Daily Calm 9:30am Cardio Strength 10:30am Diane Shields: Bob Hope 11:30 Chair Yoga/Meditation 1:30pm MOVIE: AGATHA CHRISTIE'S CROOKED HOUSE ORDERS FOR INDIAN MOUND	9:30am Daily Calm 10:00am Better Bal, Safer U, CCCT 11:am Line Dancing 1:00pm Art of the Needle, HPL 1:30 The Crown S3 E 8&9	9:30am Daily Calm 12:30 Virtual Lunch Crowd! Indian Mound Cafe	9:30am Daily Calm 10:00am Restorative Chair Yoga 10:00 Better Bal, Safer U, L1 11:00am Tai Chi Flow 1:00pm Euchre-IMC	9:30am Daily Calm 9:30am Cardio Strength 1:30pm MOVIE: HACHI: A DOG TALE	8:30 Chair Aerobics 10:00am Tai Chi Flow Plus 10:00am SCAM FORUM!
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	9:30am Daily Calm 9:30am Cardio Strength 11:30 Chair Yoga/Meditation 1:30pm MOVIE: FISHERMAN'S FRIENDS	9:30am Daily Calm 10:00am Better Bal, Safer U, CCCT 11:am Line Dancing 1:00pm Art of the Needle, HPL 1:30 The Crown S3 E 10	9:30am Daily Calm	9:30am Daily Calm 10:00am Restor. Chair Yoga 10:00 Better Bal, Safer U, L1 11:00am Tai Chi Flow 1:00pm Euchre-IMC	9:30am Daily Calm 9:30am Cardio Strength 1:30pm MOVIE: DIAL M FOR MURDER	8:30 Chair Aerobics 10:00am Tai Chi Flow Plus
<b>31</b>	<b>HAPPY HALLOWEEN!!</b>			BLUE - In-person activities CCCT - Carnegie Center Columbia Tusculum		IMC - Indian Mound Café, Norwood HPL - Hyde Park Library
TRICK OR TREAT!						