

# OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			9 am Ageless Grace (GR)	2:45 pm Strength Training (V)
			10 am Spring Hills Exercise (V)	
			1:30 pm Yoga with Reena (V)	
5	6	7	8	9
10 am Exercise with Middy (L)	9:30 am Improve Your Balance (GR)	9:00 am Spring Hills Walking Club (AP)	9 am Ageless Grace (GR)	2:45 pm Strength Training (V)
1:30 pm Yoga with Reena (V)	10 am Spring Hills Exercise (V)	10 am Exercise with Middy (L)	10 am Spring Hills Exercise (V)	
1:30 pm Line Dancing (GR)		1 pm Pickleball (L)	1:30 pm Yoga with Reena (V)	
2:30 pm Line Dancing Advanced (GR)				
12	13	14	15	16
10 am Exercise with Middy (L)	9:30 am Improve Your Balance (GR)	9:00 am Spring Hills Walking Club (AP)	9 am Ageless Grace (GR)	2:45 pm Strength Training (V)
1:30 pm Yoga with Reena (V)	10 am Spring Hills Exercise (V)	10 am Exercise with Middy (L)	10 am Spring Hills Exercise (V)	
1:30 pm Line Dancing (GR)		1 pm Pickleball (L)	1:30 pm Yoga with Reena (V)	
2:30 pm Line Dancing Advanced (GR)				
19	20	21	22	23
10 am Exercise with Middy (L)	9:30 am Improve Your Balance (GR)	9:00 am Spring Hills Walking Club (AP)	9 am Ageless Grace (GR)	2:00 pm Spooky Tales from the Greene County Archives (GR)
1:30 pm Yoga with Reena (V)	10 am Spring Hills Exercise (V)	10 am Exercise with Middy (L)	10 am Spring Hills Exercise (V)	2:45 pm Strength Training (V)
1:30 pm Line Dancing (GR)	10:30 am Take & Make (S)	1 pm Pickleball (L)	1:30 pm Yoga with Reena (V)	
2:30 pm Line Dancing Advanced (GR)	1 pm Garden Group (S)			
26	27	28	29	30
10 am Exercise with Middy (L)	9:30 am Improve Your Balance (GR)	9:00 am Spring Hills Walking Club (AP)	9 am Ageless Grace (GR)	2:45 pm Strength Training (V)
1:30 pm Yoga with Reena (V)	10 am Spring Hills Exercise (V)	10 am Exercise with Middy (L)	10 am Spring Hills Exercise (V)	
1:30 pm Line Dancing (GR)		1 pm Pickleball (L)	1:30 pm Yoga with Reena (V)	
2:30 pm Line Dancing Advanced (GR)			4:30 - 6 pm Drive Thru Halloween Trick or Treat (S) \$	

## KEY:

GR = Great Room

L = Lofino Plaza Multipurpose Room

V = Virtual program

S - Senior Center outside entrance

AP = Angels Pass Park

**YOU MUST CALL TO REGISTER FOR IN PERSON CLASSES ONE WEEK IN ADVANCE.**

**IF YOU DO NOT PRE-REGISTER, YOU WILL NOT BE PERMITTED TO PARTICIPATE.**

\$ - Denotes that the event/activity/class has a fee associated with it.