

1 SUNDAY OCTOBER 2017	2 MONDAY 9:30am Coffee & Donuts (LLS) 11:00am Water Aerobics 12:00pm Gentle Water Aerobics <i>Carpet Cleaning - Clubhouse</i>	3 TUESDAY 9:00am Moving & Grooving 10:30am Cardio Class 11:30am Stretch & Balance 12:30pm Personal Training 12:30pm Cribbage 5:00pm Game Night w/Pizza (BR)	4 WEDNESDAY 9:00am Chair Yoga 9:30am Cedar Chips (BR) 11:00am Water Aerobics 12:00pm Gentle Water Exercise 3:30pm Sit N Knit (LR)	5 THURSDAY 9:00am Targeted Toning 10:30am Cardio Class 11:30am Stretch & Balance 12:30pm Personal Training 2:00pm-4:00pm ALI (LLS) <i>Happy Birthday Ken Fultz</i>	6 FRIDAY 9:30am Cedar Voices (DR) 11:00am Tai Chi 1:30am Moving & Grooving 3:30pm Presentation by the Willow Run Rosie's. (LLS)	7 SATURDAY <i>Happy Birthday Joy Shulke</i>
8 <i>Happy Birthday Darryl Albright</i>	9 9:00am Chair Yoga 9:30am Coffee & Donuts 11:00am Water Aerobics 12:00pm Gentle Water Aerobics 1:00pm Bridge <i>Happy Birthday Zee Weisfeld</i>	10 9:00am Moving & Grooving 10:30am Cardio Class 11:30am Stretch & Balance 12:30pm Personal Training 12:30pm Cribbage 2:00pm Resident Movie "Wonder Woman"	11 9:00am Chair Yoga 10:00-12:00pm Flu Shots w/Dexter Pharmacy (LLS) 11:00am Water Aerobics 12:00pm Gentle Water Exercise 3:00pm Craft Club (LLS)	12 9:00am Targeted Toning 10:30am Cardio Class 11:30am Stretch & Balance 12:30pm Personal Training 3:00pm Ladies Tea (BR)	13 9:00am Chair Yoga 9:30am Coffee Klatch 11:00am Tai Chi 1:30am Moving & Grooving 4:00pm Lisa Ryan from the Dexter Library to speak on upcoming programs. (LLS)	14 9:30-11:30am (LLS) Reserved
15	16 9:00am Chair Yoga 9:30am Coffee & Donuts 11:00am Water Aerobics 12:00pm Gentle Water Aerobics 1:00pm Bridge	17 9:00am Moving & Grooving 10:30am Cardio Class 11:30am Stretch & Balance 12:30pm Personal Training 12:30pm Cribbage 5:00pm Game Night w/Coney Dogs (BR)	18 9:00am Chair Yoga 9:30am Cedar Chips (BR) 11:00am Water Aerobics 12:00pm Gentle Water Exercise	19 9:00am Targeted Toning 10:30am Cardio Class 11:30am Stretch & Balance 12:30pm Personal Training 4:00pm Hymn Sing (LR)	20 9:00am Chair Yoga 9:30am Coffee Klatch 10:00am Food Committee 11:00am Tai Chi 2:00pm-5:00pm ALI (LLS)	21
22 4:00pm Dining Area of Clubhouse Reserved.	23 9:00am Chair Yoga 9:30am Coffee & Donuts 11:00am Water Aerobics 12:00pm Gentle Water Aerobics 1:00pm Bridge 3-5pm Mix & Mingle (Café)	24 9:00am Moving & Grooving 10:30am Cardio Class 11:30am Stretch & Balance 12:30pm Personal Training 12:30pm Cribbage 2:00pm Resident Movie	25 9:00am Chair Yoga 11:00am Water Aerobics 12:00pm Gentle Water Exercise 3:30pm Book Club (LR)	26 9:00am Targeted Toning 10:30am Cardio Class 11:30am Stretch & Balance 12:30pm Personal Training 3:00pm Leslie Science and Nature Center Presentation 5:00pm Birthday Celebration <i>Happy Birthday Bill Bell</i>	27 9:00am Chair Yoga 9:30am Coffee Klatch 11:00am Tai Chi 12:00pm-2:00pm LWV Lunch and Learn (BR) 2:00pm-5:00pm ALI (LLS)	28
29	30 9:00am Chair Yoga 9:30am Coffee & Donuts 11:00am Water Aerobics 12:00pm Gentle Water Aerobics 1:00pm Bridge 3:00pm Pumpkin Decorating Contest (LLS)	31 Halloween 9:00am Moving & Grooving 10:30am Cardio Class 11:30am Stretch & Balance 12:30pm Personal Training 12:30pm Cribbage 3:30pm Trick or Treating (Please sign up)	Calendar Key: LR – Living Room DR – Dining Room LLS – Life Learning Studio BR – Billiards Room	Happy Anniversary: <i>Oct 3 Ken & Audrey Fultz</i> <i>Oct 12 Stephen & Nancy Schewe</i> <i>Oct 21 Darryl & Pat Albright</i> <i>Oct 24 Joseph & Felicia Tuczak</i>	Helpful Phone Numbers: Maintenance: 734-792-9700 ext.3 Kitchen (RSVP & To Go's): 734-792-9700 ext. 2 Chef Office: 734-792-9701 Danielle: 734-417-5599	

