

# October 2024

MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"><li>• 10-12 Mahjong (RM 12)</li><li>• 11:30 -12:30 Book Club (2nd Monday) October Book: Trust by Hernan Diaz</li><li>• 1-3 My Story Project (2nd Monday)</li></ul>	<ul style="list-style-type: none"><li>• <b>10-11 Strength &amp; Balance (RM S1)</b></li><li>• <b>11-12 Gentle Yoga / RM 12 (Senior Center)</b></li><li>• <b>1-2 Line Dancing Bliss (RM S2)</b></li></ul>	<ul style="list-style-type: none"><li>• <b>10 - 11 Tai Chi (RM S1)</b></li><li>• 11-12:30 Women's Friendship Group <b>RM 11 (2nd &amp; 4th Wed)</b></li><li>• 1-3 Life History Writing (RM 12)</li></ul>	<ul style="list-style-type: none"><li>• 11-12 Nonfiction Book Club <b>(3rd Thursday)</b> October Book: Out of Africa by Isek Dinesen, Karen Blixen and Tania Blixen</li><li>• 1-3 Fun Bridge (RM 12)</li></ul>	<ul style="list-style-type: none"><li>• 12-3 Open Art / (RM 11)</li><li>• 1-3 Pinochle (RM 12)</li></ul> <p><b>SATURDAY: Zumba Gold 8:30-9:30 (Studio 2)</b></p>

**WELLNESS PROGRAM IN BLUE. ALL CLASSES ARE HELD IN THE STUDIOS UNLESS NOTED.**  
ALL CLASSES IN ROOM 12 UNLESS NOTED.  
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