

# KSC Activity Calendar - October, 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|   |  |  |  |   |
|---|--|--|--|---|
| <p><b>1</b></p> <p>9:00 Aerobic Exercise<br/>10:00 Aerobic Exercise<br/>10-12 Needle Arts<br/>12-5 Open Paint<br/>1:15 The Movers Exercise Group<br/>1:00 Cribbage</p>  | <p><b>2</b></p> <p>8:45 Chair Yoga<br/><b>9:30 BOD Meeting</b><br/>10:00 Everybody's Got A Story<br/>11:15 Rhythm &amp; Moves<br/>1:00-3:30 Art Class<br/>1:00 Pinochle<br/>1:00 Cribbage</p>                                  | <p><b>3</b></p> <p>9:00 Aerobic Exercise<br/>9-5 Open Paint<br/>10:00 Aerobic Exercise<br/>11:30 Qi Gong<br/>1:15 The Movers Exercise Group<br/>1:00 Sunshine Chorus Practice<br/>1:00 Cribbage</p>  | <p><b>4</b></p> <p>9-12 Open Paint<br/>10:00 Walking/Hiking<br/>1:00 Ping Pong &amp; Corn Hole Games<br/>1:30 Bingo<br/><b>2:30 General Meeting</b><br/>6:00 Line Dance</p>  | <p><b>5</b></p> <p>9:00 Aerobic Exercise<br/>10:00 Aerobic Exercise<br/>9-5 Open Paint<br/>1:00 Pinochle</p>  |
| <p><b>8</b></p>  <p><b>CENTER<br/>CLOSED</b></p>  | <p><b>9</b></p> <p>8:45 Chair Yoga<br/>9-12 Open Paint<br/>10:00 Everybody's Got A Story<br/>11:15 Rhythm &amp; Moves<br/>1:00-3:30 Art Class<br/>1:00 Pinochle<br/>1:00 Cribbage</p>  | <p><b>10</b></p> <p>9:00 Aerobic Exercise<br/>9-5 Open Paint<br/>10:00 Aerobic Exercise<br/>11:30 Qi Gong<br/>1:15 The Movers Exercise Group<br/>1:00 Cribbage</p>   | <p><b>11</b></p> <p>9-12 Open Paint<br/>10:00 Walking/Hiking<br/>11:00 Skillet Cooking<br/>1:00 Sunshine Chorus Performance<br/>1:30 Bingo<br/>6:00 Line Dance</p>   | <p><b>12</b></p> <p>9:00 Aerobic Exercise<br/>10:00 Aerobic Exercise<br/>9-5 Open Paint<br/>1:00 Pinochle</p> |
| <p><b>15</b></p> <p>9-5 Open Paint<br/>9:00 Aerobic Exercise<br/>10:00 Aerobic Exercise<br/>1:15 The Movers Exercise Group<br/>1:00 Cribbage</p>                        | <p><b>16</b></p> <p>8:45 Chair Yoga<br/>10:00 Everybody's Got A Story<br/>11:15 Rhythm &amp; Moves<br/>1:00-3:30 Art Class<br/>1:00 Pinochle<br/>1:00 Cribbage</p>   | <p><b>17</b></p> <p>9:00 Aerobic Exercise<br/>9-5 Open Paint<br/>10:00 Aerobic Exercise<br/><b>11:00 Activity Comm. Meeting</b><br/>11:30 Qi Gong<br/>1:15 The Movers Exercise Group<br/>1:00 Cribbage</p>   | <p><b>18</b></p> <p>9-12 Open Paint<br/>10:00 Walking/Hiking<br/>1:00 Free Movie - Ocean's 8<br/>1:30 Bingo<br/>6:00 Line Dance</p>  | <p><b>19</b></p> <p>9:00 Aerobic Exercise<br/>10:00 Aerobic Exercise<br/>9-5 Open Paint<br/>1:00 Pinochle</p> |
| <p><b>22</b></p> <p>9:00 Aerobic Exercise<br/>10:00 Aerobic Exercise<br/>10-12 Needle Arts<br/>12-5 Open Paint<br/>1:15 The Movers Exercise Group<br/>1:00 Cribbage</p> | <p><b>23</b></p> <p>8:45 Chair Yoga<br/>9-12 Open Paint<br/>10:00 Everybody's Got A Story<br/>11:15 Rhythm &amp; Moves<br/>12:30 Hearing Aid Check &amp; Clean<br/>1:00-3:30 Art Class<br/>1:00 Pinochle<br/>1:00 Cribbage</p> | <p><b>24</b></p> <p>9:00 Aerobic Exercise<br/>9-5 Open Paint<br/>10:00 Aerobic Exercise<br/>11:30 Qi Gong<br/>1:15 The Movers Exercise Group<br/>1:00 Cribbage</p>   | <p><b>25</b></p> <p>9-12 Open Paint<br/>10:00 Walking/Hiking<br/>1:00 Fun Style Show<br/>1:30 Bingo<br/>6:00 Line Dance</p>  | <p><b>26</b></p> <p>9:00 Aerobic Exercise<br/>10:00 Aerobic Exercise<br/>9-5 Open Paint<br/>1:00 Pinochle</p> |
| <p><b>29</b></p> <p>9-5 Open Paint<br/>9:00 Aerobic Exercise<br/>10:00 Aerobic Exercise<br/>1:15 The Movers Exercise Group<br/>1:00 Cribbage</p>                        | <p><b>30</b></p> <p>8:45 Chair Yoga<br/>10:00 Everybody's Got A Story<br/>11:15 Rhythm &amp; Moves<br/>1:00-3:30 Art Class<br/>1:00 Pinochle<br/>1:00 Cribbage</p>   | <p><b>31</b></p>  <p>9:00 Aerobic Exercise<br/>9-5 Open Paint<br/>10:00 Aerobic Exercise<br/>11:30 Qi Gong<br/>1:15 The Movers Exercise Group<br/>1:00 Cribbage</p> | <p><b>COMPUTER/LAPTOP, IPAD/<br/>TABLET CLASSES</b></p> <p>Hour-long sessions are scheduled one-on-one. Learn what YOU want to learn at YOUR pace. Call 257-1598 to schedule an appointment. Openings available!</p> |   |