<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
</table>
| 7 Pickle Ball  
Every Monday in the gym  
11:00am – 12:15 pm  
Equipment provided (G) | 8 | 9 Chat and Share  
9:30–10:00 am (S) | 10 “Blood Pressure & Glucose Screening”  
9:00–12:00 (L) | 11 Game Day  
Rummikub Game  
with numbers and tiles  
9:30–11:00 am (S)  
Bridge Game  
10:30–11:30 am (S) | 12 |
| 14 October Birthdays  
Bring a healthy snack to share  
9:30–10:30 am (S) | 15 | 16 Chat and Share  
9:30–10:00 am (S) | 17 | 18 Game Day  
Rummikub Game  
with numbers and tiles  
9:30–11:00 am (S)  
Bridge Game  
10:30–11:30 am (S) | 19 |
| 21 “Meditation”  
9:30–10:15 am (S) | 22 | 23 Chat and Share  
9:30–10:00 am (S) | 24 | 25 Game Day  
Rummikub Game  
with numbers and tiles  
9:30–11:00 am (S)  
Bridge Game  
10:30–11:30 am (S) | 26 |
| 28 YMCA Book Club  
9:30 –10:15 am (S) | 29 | 30 Chat and Share  
9:30–10:00 am (S) | 31 “Halloween Get Together”  
9:30–11:30 am (S) | | |