

Newburgh Senior Center Activities

October 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 *10:30 Yoga with "O" *Noon-Bingo-Cypress Grove	2 *9:30, 10:00 Tai Chi *12:30 SWIRCA Exercise * After exercise- Kazoo Practice	3 *11:00 Arthritis Stretch *Noon-Musical Guest PORKAPALOOZA 11 AM TO 2 PM PICK UP PORK 11AM TO 2PM LUNCH-\$5	4 PORKAPALOOZA LUNCH 11 AM TO 2 PM PICK UP PORK 11AM TO 2PM LUNCH-\$5
5	6 *11:00 Exercise *Noon-Clabber Club	7 *10:00 Knit & Crochet *11:00 Arthritis Stretch *Noon-Bingo-Laura-Around the Clock Care	8 ALCOA Community Volunteer Day Center CLOSED	9 *9:30, 10:00 Tai Chi *12:30 SWIRCA Exercise * 2:30 pm "Senior Class" Kazoo Band at Woodlands	10 *11:00 Arthritis Stretch *Noon-Bingo-Bell Oaks -Jessica	11
12	13 COLUMBUS DAY (No SWIRCA lunch) *11:00 Exercise *11:30 Carry-in Meal *Noon-Clabber Club	14 *10:00 Knit & Crochet *10:30 Exercise-Lisa Messel-Woodlands * Noon- Rummicube	15 *10:30 Yoga with "O" *Noon-Bingo-Sarah-Woodlands *12:30 Sjogren's Group	16 *9:30, 10:00 Tai Chi *12:30 SWIRCA Exercise *1:30 pm-"Senior Class" Kazoo Band at Bell Oakes Terrace	17 *11:00 Arthritis Stretch *Noon- Card-Making with Jane	18
19	20 *11:00 Exercise *Noon-Clabber Club	21 *10:00 Knit & Crochet *11:00 Arthritis Stretch *Noon-Medicare Info-Thomas Scholl	22 *10:30 Yoga with "O" *Noon-Bingo-Justine-River Pointe	23 *9:30, 10:00 Tai Chi *Noon- Nutrition -Carolyn-Purdue Extension Office *12:30 SWIRCA Exercise *2:30 pm-"Senior Class" Kazoo Band at Signature HC	24 *11:00 Arthritis Stretch *Noon-Bingo-Signature-Mackenzie	25
26	27 *11:00 Exercise *Noon-Clabber Club	28 *10:00 Knit & Crochet *11:00 Arthritis Stretch *Noon-Bingo-Chloe-Reliable Adult Care	29 *10:30 Yoga with "O" *Noon-Bingo-Gary-Freedom Medical * "Senior Class" Kazoo Band at Newburgh Healthcare	30 *9:30, 10:00 Tai Chi *12:30 SWIRCA Exercise	31 *11:00 Arthritis Stretch *Noon-Happy Halloween Bingo- Lisa	

