**BLOOMINGDALE SENIOR CENTER**

**OCTOBER 2013 CALENDAR**

Tuesday, October 1st 10:30 a.m. Chair Aerobics

10:45 a.m. Golden Age Club to Jefferson House

Wednesday, October 2nd 9:00 a.m. Bloomingdale Seniors on the Move Walk/ Breakfast

2:30 p.m. Aerobics

Thursday, October 3rd 10:30 a.m. Chair Aerobics

Friday, October 4th 10:00 a.m. **Picnic at the Health Center of Bloomingdale**

2:00 p.m. Cards

Sunday, October 6th 1:00 p.m. Cards

Monday, October 7th 2:30 p.m. Aerobics

Tuesday, October 8th 10:30 a.m. Chair Aerobics

1:30 p.m. **Golden Age Club Meeting – Sam Yodice, Home**

**Energy & Weatherization**

5:00 p.m. Chair Yoga

Wednesday, October 9th 9:00 a.m. Bloomingdale Seniors on the Move Walk

10:00 a.m. Zumba Gold

10:30 a.m Lake George Trip

2:30 p.m. Aerobics

Thursday, October 10th 10:30 a.m. Chair Aerobics

Friday, October 11th 9:30 a.m. Mahjongg

1:00 p.m. Cards

Sunday, October 13th 1:00 p.m. Cards

Monday, October 14th **COLUMBUS DAY – NO NUTRITON**

2:30 p.m. Aerobics

Tuesday, October 15th 10:30 a.m. Chair Aerobics

1:00 p.m. Line Dancing

5:00 p.m. Chair Yoga

Wednesday, October 16th 9:00 a.m. Bloomingdale Seniors on the Move Walk

10:00 a.m. Zumba Gold

2:30 p.m. Aerobics

Thursday, October 17th 10:30 a.m. Chair Aerobics

Friday, October 18th 10:00 a.m. Halloween Party/Octoberfest

2:00 p.m. Cards

Sunday, October 20th 1:00 p.m. Cards

Monday, October 21st 2:30 p.m. Aerobics

Tuesday, October 22nd 10:30 a.m. Chair Aerobics

1:30 p.m. **Golden Age Meeting – Lunch compliments of**

**Milford Manor**

5:00 p.m. Chair Yoga

Wednesday, October 23th 9:00 a.m. Bloomingdale Seniors on the Move Walk

10:00 a.m. Zumba Gold

2:30 p.m. Aerobics

Thursday, October 24th 10:30 a.m. Chair Aerobics

Friday, October 25th 9:30 a.m. Mahjongg

1:00 p.m. Cards

Sunday, October 27th 1:00 p.m. Cards

Monday, October 28th 1:00 p.m. Advisory Committee Meeting

2:30 p.m. Aerobics

5:30 p.m. **Halloween Floral Arrangement**

Tuesday, October 29th 10:30 a.m. Chair Aerobics

1:00 p.m. Line Dancing

5:00 p.m. Chair Yoga

Wednesday, October 30th 9:00 a.m. Bloomingdale Seniors on the Move Walk

10:00 a.m. Zumba Gold

2:30 p.m. Aerobics

Thursday, October 31st 10:30 a.m. Chair Aerobics

1:30 p.m. **Bingo & Pizza**