

October 2024

HDMG Enrichment Center
43767 15th Street W.
in Lancaster!
(661) 582-8548

Breast Cancer Awareness Month!
Schedule your Mammogram!
661-726-3848

BREAST CANCER
AWARENESS

A Few Moments
That Can Last
A Lifetime...



Mon	Tue	Wed	Thu	Fri
	1 Mahjong 10a <i>Bingo 2p</i> Gym: Power up w/Maggi 9a	2 Morning Stretch w/Max 10a <i>Countries & Culture 2p</i> <i>(Travel to Morrocco)</i>  Gym: Sit & Be Fit w/Maggi 9a Hula w/ Lia! 11a	3 Bocce Ball 9a <i>Intellectual Wellness 11a</i> <i>(Brain Sensations)</i> Gym: Barbara Peaceful Mind Chair Yoga 10a	4 Grief 10:30-11:30a <i>Around the Table 1p</i> <i>Fun for all...</i> Gym: Emily Arthritis & Joint Exercise 9a Move & Groove 10-11a
7 Mexican Train 9:30 a Canasta 1p Gym: Sit & Be Fit w/Maggi 9a Line Dancing w/Emily 10a	8 Mahjong 10a <i>Bingo 2p</i> Gym: Power up w/Maggi 9a	9 Morning Stretch w/Max 10a <i>Birthday Celebration 2p</i> Gym: Sit & Be Fit w/Maggi 9a Hula w/ Lia! 11a Belly Dancing 12p	10 Bocce Ball 9a <i>Nutritional Wellness 12p</i> <i>(7th Annual Chili Cook-off)</i> <i>Please see Debbie for details!</i>  Gym: Barbara Peaceful Mind Chair Yoga 10a	11 Grief 10:30-11:30a <i>Around the Table 1p</i> <i>Fun for all...</i> Gym: Emily Arthritis & Joint Exercise 9a Move & Groove 10-11a
14 Mexican Train 9:30 a Canasta 1p Gym: Sit & Be Fit w/Maggi 9a Line Dancing w/Emily 10a	15 Mahjong 10a <i>Bingo 2p</i> Gym: Power up w/Maggi 9a	16 Center Closed After Gym Hours Gym: Sit & Be Fit w/Maggi 9a Hula w/Lia! 11a	17 Center Closed Come to Senior Expo! 9am-3pm at the AV Fair Grounds.	18 Grief 10:30-11:30a  <i>Around the Table 1p</i> <i>Fun for all...</i> Gym: Emily Arthritis & Joint Exercise 9a Move & Groove 10-11a
21 Mexican Train 9:30 a Canasta 1p Gym: Sit & Be Fit w/Maggi 9a Line Dancing w/Emily 10a	22 National Nut Day Mahjong 10a <i>Bingo 2p</i>  Gym: Power up w/Maggi 9a	23 Morning Stretch w/Max 10a <i>Howl-o-ween Craft w/Debbie 2p</i> Gym: Sit & Be Fit w/Maggi 9a Hula w/ Lia! 11a Belly Dancing 12p	24 Bocce Ball 9a <i>Spiritual Wellness 11a</i> <i>(Meditation w/Barbara)</i> Gym: Barbara Peaceful Mind Chair Yoga 10a	25 Grief 10:30-11:30a <i>Calling All Seniors 1-4p</i> Gym: Emily Arthritis & Joint Exercise 9a Move & Groove 10-11a
28 Mexican Train 9:30 a Canasta 1p Gym: Sit & Be Fit w/Maggi 9a Line Dancing w/Emily 10a	29 Mahjong 10a <i>Tricks & Treats Bingo 2p</i> Gym: Power up w/Maggi 9a	30 National Candy Corn Day  Morning Stretch w/Max <i>Craft w/Debbie 2p</i> Gym: Sit & Be Fit w/Maggi 9a No Hula Today	31 Bocce Ball 9a <i>Social Wellness 12p</i> <i>(A Ghostly Gathering)</i> Gym: Barbara Peaceful Mind Chair Yoga 10a	 Please RSVP one week in advance for all activities that are in <i>Purple</i> font! RSVP to Debbie @ (661) 582-8524

Please join us for a Ghostly
gathering on October 31@ 12pm.
Costumes encouraged!
Please see Debbie or Max for details.

Here's The Deal !
Calling All Seniors..
Please join us for a
“Casino Day” on
October 25th, 2024 @ 1pm
RSVP 661-582-8524

Schedule your
2024 Senior Wellness Visit
by calling the HDMG
Living Well
Resource Center @ 661-726-3848!


34TH ANNUAL

Thursday,
October 17th!
9am-3pm

HIGH DESERT MEDICAL GROUP

SENIOR
HEALTH EXPO

Like an oak tree grows, so does hope, strength, and wisdom.