

# October 2022

Mon	Tue	Wed	Thu	Fri
<b>3</b> <u>Center</u> 8a-4p Open Activities <u>Gym: Maggie</u> Sit & Be Fit 9-10	<b>4</b> <u>Center</u> 8a-4p Open Activities	<b>5</b> <u>Center</u> 8a-4p Open Activities  <u>Gym:</u> Sit & Be Fit w/Maggie 9-10 Hula with Lia! 11a-12p	<b>6</b> <u>Center</u> 8a-1p Open Activities  <u>All Ghouls Bingo 2-3pm</u> <u>Gym: Barbara</u> Peaceful Mind Chair Yoga	<b>7</b> <u>Center</u>  Grief 10:30a-11:30a 12-4 Open Activities <u>Gym: Emily</u> Arthritis & Joint Exercise 9-10a Move & Groove 10-11a
<b>10</b> <u>Center</u> 8a-4p Open Activities <u>Gym: Maggie</u> Sit & Be Fit 9-10	<b>11</b> <u>Center</u> 8a-1p Open Activities  <u>Till Death Do Us Bingo 2-3p</u>	<b>12</b> <u>Center</u> 8a-4p Open Activities  <u>Craftin/Debbie 1-3p</u> <u>Gym:</u> Sit & Be Fit w/Maggie 9-10 Hula with Lia! 11a-12p	<b>13</b> <u>Center</u> 8a-1p Open Activities 9am Coffee Talk!  <u>Bocce Ball 10-11a</u> <u>Birthday Celebration 2p</u> <u>Gym: Barbara</u> Peaceful Mind Chair Yoga	<b>14</b> <u>Center</u>  Grief 10:30a-11:30a 12-4 Open Activities <u>Gym: Emily</u> Arthritis & Joint Exercise 9-10a Move & Groove 10-11a
<b>17</b> <u>Center</u> 8a-4p Open Activities <u>Gym: Maggie</u> Sit & Be Fit 9-10	<b>18</b> <u>Center</u> 8a-1p Open Activities  <u>A Bewitching Halloween Bingo 2-3p</u>	<b>19</b> <u>Center Closed</u>  <u>Gym:</u> Sit & Be Fit w/Maggie 9-10 Hula with Lia! 11a-12p	<b>20</b> <u>Center Closed</u>  Come to Senior Expo!!!! 9am-3pm at the AV Fair-grounds <u>Gym:</u> Closed for Senior Expo	<b>21</b> <u>Center</u>  Grief 10:30a-11:30a 12-4 Open Activities <u>Gym: Emily</u> Arthritis & Joint Exercise 9-10a Move & Groove 10-11a
<b>24</b> <u>Center</u> 8a-2p Open Activities <u>A "Not Too Scary" Halloween Movie 2-4p</u> <u>Gym: Maggie</u> Sit & Be Fit 9-10	<b>25</b> <u>Center</u> 8a-1p Open Activities  <u>Franken-tastic Bingo 2-3p</u>	<b>26</b> <u>Center</u> 8a-4p Open Activities  <u>Lets make some pumpkin spice 1-3p</u> <u>Gym:</u> Sit & Be Fit w/Maggie 9-10 Hula with Lia! 11a-12p	<b>27</b> <u>Center</u> 8a-1p Open Activities 9am Coffee Talk!  <u>Bocce Ball 10-11a</u> <u>Halloween Monster Munch 11-12p</u> <u>Gym: Barbara</u> Peaceful Mind Chair Yoga	<b>28</b> <u>Center</u>  Grief 10:30a-11:30a <u>Howl-o-ween Craft /Debbie 12-2p</u> <u>Gym: Emily</u> Arthritis & Joint Exercise 9-10a Move & Groove 10-11a
<b>31</b> <u>Center</u> <u>Tricks and Treats Bingo 1-3p</u> <u>Gym: Maggie</u> Sit & Be Fit 9-10	 <u>Tricks and Treats Bingo</u> <u>Please wear your costumes!!</u>			

**Monthly Awareness:**  
*Breast Cancer Awareness*  
*Early Detection Saves Lives!*

- See a doctor if you notice breast changes.
- Maintain a healthy weight
- Exercise
- Limit alcohol
- Limit hormone use
- Know your risk!

**Know your family history and talk to your provider about which screening tests are right for you .**

**Ask about the HDMG \$25 Gift Card and Sports Bra incentive! Call 661-726-3848 for more information!**

**Please RSVP for all activities that are in a colored font! RSVP to Debbie @ (661) 582-8524**

**HDMG offers this program exclusively for Medicare Advantage Plan Members!**

**For more information or to RSVP please call 661-582-8524.**

**We are located in Lancaster at:  
 43779 15th Street West**