

# October 2021

Age 50+ Daily Calendar – Every Week  
Hours: Mon – Fri 8 a.m. – 4:30 p.m.

## DAILY ACTIVITIES

AARP FitLot Park	8:00 am- Dusk	FREE
Billiards	8:00 am-4:30 pm	\$1
Circuit Training	8:00am-4:30pm	\$1
Cornhole	8:00 am-4:30 pm	\$1
Exercise Equipment	8:00 am-4:30 pm	\$1
Shuffleboard	8:00 am-4:30 pm	\$1



Do you have extra time on your hands? We offer numerous opportunities for people of all ages to join our family of over 200 volunteers and become involved in Community Center programs and operations. Please call 427-6461 for more information.

## WEEKLY RECURRING EVENTS

### MONDAY

Table Tennis	8:30am-11:30am	\$1
Tech Help for Seniors	9:00am-12:00pm	FREE
Cardio Flex	10:45am-11:30am	\$1

### TUESDAY

ABC Exercise	9:30am-10:15am	\$1
Cardio Flex	10:45am-11:30am	\$1
Scrapbooking	1:00pm-3:00pm	\$1

### WEDNESDAY

Table Tennis	8:30am-11:30am	\$1
Crochet	10:00am-12:00pm	\$1
	1:00pm-3:00pm	\$1

### THURSDAY

ABC Exercise	9:30am-10:15am	\$1
Cardio Flex	10:45am-11:30am	\$1
Quilting	1:00pm-4:00pm	\$1

### FRIDAY

Tech Help for Seniors	9:00am-12:00pm	FREE
Crochet	1:00pm-3:00pm	\$1

<u>MONTHLY</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>
<u>Legal Counseling</u>	F	Oct 1	9:00 a.m.- 12:00 p.m.	Free
<u>How's Your Hearing?</u>	T	Oct 5	9:00 a.m. - 11:15 a.m. (Call 427-6460 to make your appointment)	Free
<u>Tuesday Movie</u>	T	Oct 5	1:30 p.m. "News of the World"	Free
	T	Oct 19	1:30 p.m. "All My Life" (Pre-register by the Monday prior)	
<u>SHIP</u>	Th	Oct. 7, 14	9:00 a.m. -12:00 p.m.	Free
	Th	21, 28	(Call 427-6460 to make an appointment)	
<u>Diabetic Screening</u>	Th	Oct 7	9:00 a.m. - 11:00 a.m. (No appointment is required)	Free
<u>Bingo</u>	F	Oct 8	1:00 p.m. – 3:00 p.m.	\$ .50/3 cards
	F	Oct 22		
<u>Monday Luncheon</u>	M	Oct 18	12:00 p.m. "Fall Foliage": Majestic Care	\$4
<u>Downtown Walkers</u>	W	Every Wed	11:00 a.m.	\$1

It's time to get outside and enjoy a nice walk! Make some friends and join us as we walk different routes through Downtown Fort Wayne. Call 427-6460 to sign up.