Armory Park Center Activities Calendar

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 **Ageless Moves & Grooves-**9:30a **Bike with Books-**11a **BINGO-**12p **Blood Pressure Check-**1:30p **PCOA Meal-**3p	2 **Sign Class-**9:30a **Anything Goes-**10:30a **Loteria-**12p **PCOA Meal-**3p	3 **Fitness Aerobics-**9:30a **Crafts-**12:30p **Game Time-**1p **PCOA Meal-**3p	4 ***Field Trip: Kettle Restaurant & 5 Below-**8:30a **Chair Yoga-**9:30a **Technical Difficulties-**10a **Chair Volleyball-**10:30a **Wii Play-**1p **PCOA Meal-**3p	5 **Classical Chinese Dance-**10:30a **Fun with Fredo-**12p **Ballroom Dance-**1:30p
6	7 **Circuit Training-**9:30a **Disc Golf-**9:30a **T'ai Chi-**10:30a **Movie Matinee-**12:30p **PCOA Meal-**3p	8 **Ageless Moves & Grooves-**9:30a **Swap Meet-**10a **BINGO-**12p **Blood Pressure Check-**1:30p **PCOA Meal-**3p	9 **Sign Class-**9:30a **Anything Goes-**10:30a **Loteria-**12p **PCOA Meal-**3p	10 **Fitness Aerobics-**9:30a **Sharing & Caring-**11a **Crafts-**12:30p **Game Time-**1p **PCOA Meal-**3p	11 **Chair Yoga-**9:30a **Technical Difficulties-**10a **Chair Volleyball-**10:30a **Karaoke Party-**12:30p **PCOA Meal-**3p	12 **Classical Chinese Dance-**10:30a **Fun with Fredo-**12p **Ballroom Dance-**1:30p
13	14 **Circuit Training-**9:30a **Disc Golf-**9:30a **T'ai Chi-**10:30a **Movie Matinee-**12:30p **PCOA Meal-**3p	15 **Ageless Moves & Grooves-**9:30a **BINGO-**12p **Blood Pressure Check-**1:30p **PCOA Meal-**3p	16 **Sign Class-**9:30a **Anything Goes-**10:30a **Loteria-**12p **PCOA Meal-**3p	17 **Fitness Aerobics-**9:30a **Crafts-**12:30p **Game Time-**1p **PCOA Meal-**3p	18 **Chair Yoga-**9:30a **Technical Difficulties-**10a **Chair Volleyball-**10:30a **Wii Play-**1p **PCOA Meal-**3p	19 **Classical Chinese Dance-**10:30a **Ballroom Dance-**1:30p
20 	21 **Circuit Training-**9:30a **Disc Golf-**9:30a **T'ai Chi-**10:30a **Movie Matinee-**12:30p **PCOA Meal-**3p	22 **Ageless Moves & Grooves-**9:30a **BINGO-**12p **Blood Pressure Check-**1:30p **PCOA Meal-**3p	23 **Sign Class-**9:30a **Wing Chun Demo-**10:00 **Anything Goes-**10:30a **Loteria-**12p **PCOA Meal-**3p	24 **Fitness Aerobics-**9:30a **Step Together Breast Cancer Awareness Walk-**10a **Crafts-**12:30p **Game Time-**1p **PCOA Meal-**3p	25 **Chair Yoga-**9:30a **Technical Difficulties-**10a **Chair Volleyball-**10:30a **Birthday Karaoke Party-**12:30p **PCOA Meal-**3p	26 **Classical Chinese Dance-**10:30a **Fun with Fredo-**12p **Ballroom Dance-**1:30p
27	28 **Circuit Training-**9:30a **Disc Golf-**9:30a **T'ai Chi-**10:30a **Movie Matinee-**12:30p **PCOA Meal-**3p	29 **Ageless Moves & Grooves-**9:30a ***TFD Fire & Fall Prevention-10a*** **BINGO-**12p **Blood Pressure Check-**1:30p **PCOA Meal-**3p	30 **Sign Class-**9:30a **Anything Goes-**10:30a **Loteria-**12p **PCOA Meal-**3p	31 **Fitness Aerobics-**9:30a **Trick or Treat Spooktacular-**12:30p **Game Time-**1p **PCOA Meal-**3p		CITY OF TUCSON