October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Events in Red require preregistration. Some programs have a fee. Please check with front desk staff	1 Chair Fitness 8-8:55 am Chair Fitness 9:05-10 am Mahjong 10-2 pm Gardening Club 10:30 am **Sign up for Meals for next week!**	2 PCOA EnhanceFitness 8:30-9:30 am Chair Volleyball 8:30-10 am Table Games 10:30-12 pm	3 Chair Fitness 8-8:55 am Chair Fitness 9:05-10 am Hand, Knee & Foot 10-2 pm Craft Ladies 10:30-2 pm Zentangle 10-11 am U of A Nursing Students Blood Pressure Checks 11:30-1pm	4 PCOA Enhanced Fitness 8:30-9:30 am Mahjong 10-2 pm
7 PCOA Enhanced Fitness 8:30-9:30 am Chair Yoga 9-10 am	8 Chair Fitness 8-8:55 am Chair Fitness 9:05-10 am Mahjong 10-2 pm Gardening Club 10:30 am Craft with Staff 10:30 am Pima County Health Blood Pressure Checks 10-12 pm **Sign up for Meals for next week!**	9 PCOA EnhanceFitness 8:30-9:30 am Chair Volleyball 8:30-10 am Table Games 10:30-12 pm	10 Chair Fitness 8-8:55 am Chair Fitness 9:05-10 am Hand, Knee & Foot 10-2 pm Craft Ladies 10:30-2 pm Guest Speaker - Dr. Gaddi Pelvic medicine & reconstructive surgery 11am-12pm	11 PCOA Enhanced Fitness 8:30-9:30 am Mahjong 10-2 pm Bingo (WITH LUNCH $5) 10-11:30 am
14 PCOA ENHANCE FITNESS 8:30-9:30 am Chair Yoga 9-10 am	15 Chair Fitness 8-8:55 am Chair Fitness 9:05-10 am Mahjong 10-2 pm Gardening Club 10:30 am Guest Speaker "Fall Prevention" 10am-11am **Sign up for Meals for next week!**	16 PCOA EnhanceFitness 8:30-9:30 am Chair Volleyball 8:30-10 am Table Games 10:30-12 pm	17 Chair Fitness 8-8:55 am Chair Fitness 9:05-10 am Hand, Knee & Foot 10-2 pm Craft Ladies 10:30-2 pm Zentangle 10-11 am Stirring the Pot 10:30-11:30	18 PCOA ENHANCE FITNESS 8:30-9:30 am Mahjong 10-2 pm **Oct 19** **BooBash 5-8pm** **Lincoln Park Soccer Fields**
21 PCOA Enhanced Fitness 8:30-9:30 am Chair Yoga 9-10 am Painting with Carol 10:30 am	22 Chair Fitness 8-8:55 am Chair Fitness 9:05-10 am Mahjong 10-2 pm Gardening Club 10:30 am **Sign up for Meals for next week!**	23 PCOA ENHANCE FITNESS 8:30-9:30 am Chair Volleyball 8:30-10 am Table Games 10:30-12 pm	24 Chair Fitness 8-8:55 am Chair Fitness 9:05-10 am Hand, Knee & Foot 10-2 pm Craft Ladies 10:30-2 pm Televeda Tech 10 am	25 PCOA Enhanced Fitness 8:30-9:30 am Mahjong 10-2 pm Bingo (NO LUNCH) 10-11:30 am
28 PCOA Enhanced Fitness 8:30-9:30 am Chair Yoga 9-10 am Bunco 9:30 am	29 Chair Fitness 8-8:55 am Chair Fitness 9:05 -10 am Mahjong 10-2 pm Senior Meeting 10:30 am Gardening Club 10:45 am **Sign up for Meals for next week!**	30 PCOA EnhanceFitness 8:30-9:30 am Chair Volleyball 8:30-10 am Table Games 10:30-12 pm	31 TRICK OR TREAT Happy Halloween Chair Fitness 8-8:55 am Chair Fitness 9:05-10 am Hand, Knee & Foot 10-2 pm Craft Ladies 10:30-2 pm Zentangle 10-11 am	PCOA Meal Program 60+ Monday-Friday 12-1pm $2 suggested daily donation Registration required Sign up due the Tuesday week prior PIMA COUNCIL ON AGING LUNCH TIME