

Monday	Tuesday	Wednesday	Thursday	Friday
8:00- Billiards 10:00-Low Impact Exercises 11:00- Music W/ Jim Westmoreland	3 8:00- Billiards 9:00- Advisory Council 9:00- Craft Class 9:30 – Mat Yoga 10:00-Bridge Club 11:00-Card Club 11:30-Chair Yoga	4 8:00- Billiards 10:00 – Bingo 12:00- Medicare Open Enrollment 101 12:30-Silver Sneakers	5 8:00- Billiards 10:00-Low Impact Exercises 10-12- Mental Health Discussion Panel Brunch 12:30- Talk it out Support Group 12:30-Line Dancing	6 8:00- Billiards 9:00- Craft Class 9:30 – Mat Yoga 10:00-Devotions W/ Carl 11:30-Chair Yoga
8:00- Billiards 10:00-Low Impact Exercises	10 8:00- Billiards 9:00- Craft Class 9:30 – Mat Yoga 10:00-Bridge Club 11:00-Card Club 11:30-Chair Yoga	11 8:00- Billiards 10:00 – Bingo 11:00 – Intrepid Blood Pressure Clinic 12:30-Silver Sneakers	12 8:00- Billiards 10:00-Low Impact Exercises 12:30- Talk it out Support Group 12:30-Line Dancing	13 8:00- Billiards 9:00- Craft Class 9:30 – Mat Yoga 10:00-Devotion W/ Carl 11:30-Chair Yoga
8:00- Billiards 9:30-2:30 Mobile Veteran Center 10:00-Low Impact Exercises 12:00 – Board Meeting	17 8:00- Billiards 9:00- Craft Class 9:30 – Mat Yoga 10:00-Bridge Club 11:00-Card Club 11:30-Chair Yoga	18 8:00- Billiards 9:00 – Free Hearing Screening from Audibel 10:00 – Bingo 12:30-Silver Sneakers	19 8:00- Billiards 10:00-Low Impact Exercises 12:30- Talk it out Support Group 12:30-Line Dancing	20 8:00- Billiards 9:00- Craft Class 9:30 – Mat Yoga 10:00-Devotion W/ Carl 11:30-Chair Yoga
8:00- Billiards 10:00-Low Impact Exercises	24 8:00- Billiards 9:00- Craft Class 9:30 – Mat Yoga 10:00-Bridge Club 11:00-Card Club 11:30-Chair Yoga	25 8:00- Billiards 10:00 - Bingo 12:30-Silver Sneakers	26 8:00- Billiards 10:00-Low Impact Exercises 12:30-Talk it out Support Group 12:30-Line Dancing	27 8:00- Billiards 9:00- Craft Class 9:30 – Mat Yoga 10:00-Devotion W/ Carl 11:30-Chair Yoga
8:00- Billiards 10:00-Low Impact Exercises 12-2pm 80's Theme Halloween Party	31	 <p style="text-align: center;"><i>October 2022</i> SCC Activities Calendar</p>		