# Canton Woods

## October 2018

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<td>1</td>
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</table>
| 9-11:30 Mah Jong & Rummikub  
10 Hii CAP Representative  
10:30 Kripalu Chair Yoga  
12 PEACE Lunch  
1 Scrabble  
1 Pitch | 8 Tai Chi  
9:15 AOA Exercise  
9:30 Canasta & Rummikub  
10 Crafts  
10 Falls Class  
12:15 Dup Bridge  
2 Art Group | 9-11:30 Mah Jong & Rummikub  
12 PEACE Lunch  
12:30 Party Bridge  
1 BINGO  
1-3 Sharing Memories Writing Program | 8 Tai Chi  
9 Open Bowling at Flamingo  
9:15 AOA Exercise  
9:30 Canasta & Rummikub  
10 Falls Class  
12:30 Arm Chair  
12:45 BINGO  
15 Minute Chair Massage  
1 BINGO  
1-3 Sharing Memories Writing Program | 9:30 BP Screening  
11:30 CWSAG Business Meeting  
12 PEACE Lunch  
12:45 Wii Bowling T'ment  
1 BINGO |
| 7      | 8       | 9         | 10       | 11     |
| Columbus Day The Center is Closed | 8 Tai Chi  
9:15 AOA Exercise  
9:30 Canasta & Rummikub  
10 Crafts  
10 Falls Class  
12:15 Dup Bridge  
T'ment  
1 MVP Meeting | 9-11:30 Mah Jong & Rummikub  
12 PEACE Lunch  
12:30 Party Bridge  
T'ment  
1 BINGO  
1-3 Sharing Memories Writing Program | 8 Tai Chi  
9 Open Bowling at Flamingo  
9:15 AOA Exercise  
9:30 Canasta & Rummikub  
10 Falls Class  
12:30 Arm Chair  
12:45 BINGO  
1-3 Sharing Memories Writing Program  
15 Minute Chair Massage | 9:30 BP Screening  
9:30-11:30 Rite Aid Flu Shot Clinic  
12 PEACE Lunch  
12:45 5-Ball T'ment  
1 BINGO  
1 Christmas Card Make & Take Card Making  
Today Only |
| 15     | 16      | 17        | 18       | 19     |
| 9-11:30 Mah Jong & Rummikub  
10:30 Kripalu Chair Yoga  
12:45 Wii Bowling T'ment  
1 Scrabble  
1 Pitch | 8 Tai Chi  
9:15 AOA Exercise  
9:30 Canasta & Rummikub  
10 Crafts  
10 Falls Class  
11 Nat'l Grid Representative  
12:15 Dup Bridge  
2 Art Group  
2 Book Club | 9-11:30 Mah Jong & Rummikub  
12 PEACE Lunch  
12:30 Party Bridge  
1 BINGO  
1-3 Sharing Memories Writing Program | 8 Tai Chi  
9 Open Bowling at Flamingo  
9:15 AOA Exercise  
9:30 Canasta & Rummikub  
10 Falls Class  
10-4:30 AARP Driving  
10:30 Arm Chair  
12 Pinochle TRIP | 9:30 BP Screening  
12 PEACE Lunch  
12:45 5-Ball T'ment  
1 BINGO  
1 MVP Meeting |
| 22     | 23      | 24        | 25       | 26     |
| 9-11:30 Mah Jong & Rummikub  
10:30 Kripalu Chair Yoga  
12 PEACE Lunch  
1 Scrabble  
1 Pitch | 8 Tai Chi  
9:15 AOA Exercise  
9:30 Canasta & Rummikub  
10 Crafts  
10 Falls Class  
12:15 Dup Bridge | 9-11:30 Mah Jong & Rummikub  
12 PEACE Lunch  
12:30 Party Bridge  
1 BINGO  
1-3 Sharing Memories Writing Program | 8 Tai Chi  
9 Open Bowling at Fl.  
9:15 AOA Exercise  
9:30 Canasta & Rummikub  
10 Falls Class  
12:30 Arm Chair  
12 Pinochle TRIP  
15 Minute Chair Massage  
3:45:30 smartphone, iPad etc. Assistance | 9:30 BP Screening  
9:30 Walgreen's Flu Shot Clinic  
12 PEACE Lunch  
12:45 Dart's T'ment  
1 BINGO  
1 Christmas Card Make & Take Card Making Workshop |
| 29     | 30      | 31        |          | Calendar Subject to Change  
CW Phone: 315-638-4536 |
| 2      | 8       | 11        | 12       |        |
| 9-11:30 Mah Jong & Rummikub  
10:30 Kripalu Chair Yoga  
12 PEACE Lunch  
12:45 Corn Bag Toss T'ment  
1 Scrabble | 8 Tai Chi  
9:15 AOA Exercise  
9:30 Canasta & Rummikub  
10 Falls Class  
10 Crafts  
12:15 Dup Bridge  
2 Art Group | 9-11:30 Mah Jong & Rummikub  
11 Halloween Party  
12 PEACE Lunch  
12:30 Party Bridge  
1 BINGO  
1-3 Sharing Memories Writing Program  
Happy Halloween | | |