

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	¹ 10:30 Walking @ Y 2:30 Health & Wellness - Snacks, Sips & Tooth Decay	² 10:00 Pathways to Wellness @ PHMH 5:00 Peace of Mind	³ 10 - 11:30 Creative Circles @ Augustana Church	⁴ 1:30 Leisure Club - Halloween Bingo @ PHMH	⁵ 10:45 Road to Healthy Living @ PHMH 1:00 Bowling	⁶ Apple Jacks Month
⁷  FIRE PREVENTION Week	⁸ 10:30 Walking @ Y 2:30 Health & Wellness - Benefits of Sleep	⁹ 10:00 Pathways to Wellness @ PHMH 5:00 Peace of Mind	¹⁰ National Angel Food Cake Day 	¹¹ 1:30 Leisure Club - Meet at All Season's Garden Center	¹² 10:45 Road to Healthy Living @ PHMH 1:00 Bowling	¹³ International Drum Month 
¹⁴  BREAST CANCER AWARENESS MONTH	¹⁵ 10:30 Walking @ Y 2:30 Health & Wellness - Are You Ready for Fall? 5 Halloween Movie Night	¹⁶ 10:00 Pathways to Wellness @ PHMH 5:00 Peace of Mind	¹⁷ 10 - 11:30 Creative Circles @ Augustana Church	¹⁸ 1:30 Leisure Club - Meet at Dollar Tree (32nd Ave) & Party City	¹⁹ 10:45 Road to Healthy Living @ PHMH 1:00 Bowling	²⁰ National Pizza Month
²¹ Seafood Month	²² 10:30 Walking @ Y 2:30 Health & Wellness - Influenza Prevention	²³ 10:00 Pathways to Wellness @ PHMH 5:00 Peace of Mind	²⁴ United Nations Day 	²⁵ 1:30 Leisure Club - Caramel Apple Bars & Coloring @ PHMH	²⁶ Noon Birthday Club	²⁷ Navy Day 
²⁸ Plush Animal Lover's Day	²⁹ 10:30 Walking @ Y 2:30 Health & Wellness - Finances with Victoria	³⁰ 10:00 Pathways to Wellness @ PHMH 5:00 Peace of Mind	³¹ 			