

October 2020

Key: **L** = In person @ W&W **V** = Virtual Zoom

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>28</p>	<p>29</p>	<p>30</p>		<p>1</p> <ul style="list-style-type: none"> L Walking Club • 9:30 am L Painting with Chris • 10:00 am V QiGong • 11:30 am L V Personal Fitness Training • 1:00 pm V Diabetes Total Wellness • 1:00 pm V Painting with Chris • 1:30 pm V Bmore Fit • 3:00 pm 	<p>2</p> <ul style="list-style-type: none"> V Powerful Tools for Care Partners • 10:00 am L Puppets with Vy • 10:00 am L V CoreFit • 10:30 am L V Line Dancing • 12:30 pm V Puppets with Vy • 1:30 pm L Sarah McCann Gallery Opening Reception • 4:00 pm 	<p>3</p> <ul style="list-style-type: none"> L Handmade Journals • 10:00 am
<p>5</p> <ul style="list-style-type: none"> L Chronic Pain Management • 10:00 am L V Chair Yoga • 11:00 am L Cards & Conversation • 1:00 pm L V Sun Style Tai Chi • 2:00 pm 	<p>6</p> <ul style="list-style-type: none"> L V Personal Fitness Training • 9:00 am L V AgeStrong • 10:00 am V Meditation • 12:00 pm V Nutrition, Balance & You • 1:00 pm V Artist Trading Cards • 3:00 pm 	<p>7</p> <ul style="list-style-type: none"> V Art In Action, Series 2 • 11:00 am L Story Telling • 1:00 pm V Balance & Easy Movement • 2:30 pm 	<p>8</p> <ul style="list-style-type: none"> L Walking Club • 9:30 am L Painting with Chris • 10:00 am L Chefs Table Discussion • 11:00 am L V Personal Fitness Training • 1:00 pm V Painting with Chris • 1:30 pm V Bmore Fit • 3:00 pm 	<p>9</p> <ul style="list-style-type: none"> V Powerful Tools for Care Partners • 10:00 am L Puppets with Vy • 10:00 am L V CoreFit • 10:30 am L V Line Dancing • 12:30 pm V Puppets with Vy • 1:30 pm 	<p>10</p> <ul style="list-style-type: none"> L Handmade Journals • 10:00 am 	
<p>12</p> <ul style="list-style-type: none"> L V Chair Yoga • 11:00 am V Serving of Swiss • 12:00 pm L V Sun Style Tai Chi • 2:00 pm 	<p>13</p> <ul style="list-style-type: none"> L V Personal Fitness Training • 9:00 am L V AgeStrong • 10:00 am L Gold Leaf Painting • 10:00 am V Meditation • 12:00 pm L Brain Blast Challenge • 1:00 pm V Artist Trading Cards • 3:00 pm 	<p>14</p> <ul style="list-style-type: none"> V Art In Action Series 2 • 11:00 am L Paws-itively Fun • 1:00 pm V Balance & Easy Movement • 2:30 pm V All That Jazz • 4:30 pm 	<p>15</p> <ul style="list-style-type: none"> L Walking Club • 9:30 am L Painting with Chris • 10:00 am V Qigong • 11:30 am V Diabetes Total Wellness • 1:00 pm L V Personal Fitness Training • 1:00 pm V Painting with Chris • 1:30 pm V Bmore Fit • 3:00 pm 	<p>16</p> <ul style="list-style-type: none"> L Puppets with Vy • 10:00 am V Powerful Tools for Care Partners • 10:00 am L V CoreFit • 10:30 am L V Line Dancing • 12:30 pm L Knitting Circle • 1:00 pm V Puppets with Vy • 1:30 pm 	<p>17</p> <ul style="list-style-type: none"> L Handmade Journals • 10:00 am 	
<p>19</p> <ul style="list-style-type: none"> V Chronic Pain Management • 10:00 am L V Chair Yoga • 11:00 am V Story Telling • 1:00 pm L V Sun Style Tai Chi • 2:00 pm L Music On The Lawn • 4:00 pm 	<p>20</p> <ul style="list-style-type: none"> L V Personal Fitness Training • 9:00 am L V AgeStrong • 10:00 am V Meditation • 12:00 pm L V Ukulele Making • 12:00 pm L V Service Coordination • 2:00 pm V Artist Trading Cards • 3:00 pm 	<p>21</p> <ul style="list-style-type: none"> V Roland Park Library Book Club • 10:30 am V Art In Action Series 2 • 11:00 am V Brain Blast Challenge • 1:00 pm V Balance & Easy Movement • 2:30 pm L All That Jazz • 4:30 pm 	<p>22</p> <ul style="list-style-type: none"> L Walking Club • 9:30 am L Painting with Chris • 10:00 am V Qigong • 11:30 am L V Personal Fitness Training • 1:00 pm V Painting with Chris • 1:30 pm V Virtual Wellness Visit Info Session • 2:00 pm V Bmore Fit • 3:00 pm 	<p>23</p> <ul style="list-style-type: none"> L Puppets with Vy • 10:00 am V Powerful Tools for Care Partners • 10:00 am L V CoreFit • 10:30 am L V Line Dancing • 12:30 pm V Puppets with Vy • 1:30 pm V Chefs Table Discussion • 2:00 pm 	<p>24</p> <ul style="list-style-type: none"> L Handmade Journals • 10:00 am 	
<p>26</p> <ul style="list-style-type: none"> L V Meet Our New Partners • 10:00 am L V Chair Yoga • 11:00 am L Poker & Black Jack • 1:00 pm L V Sun Style Tai Chi • 2:00 pm 	<p>27</p> <ul style="list-style-type: none"> L V Personal Fitness Training • 9:00 am L V AgeStrong • 10:00 am V Gold Leaf Painting • 10:00 am V Meditation • 12:00 pm L V Ukulele Making • 12:00 pm V Artist Trading Cards • 3:00 pm 	<p>28</p> <ul style="list-style-type: none"> V Art In Action Series 2 • 11:00 am V Balance & Easy Movement • 2:30 pm L Ceramics & Mosaics • 5:30 pm 	<p>29</p> <ul style="list-style-type: none"> L Walking Club • 9:30 am L Painting with Chris • 10:00 am V Qigong • 11:30 am L V Personal Fitness Training • 1:00 pm V Diabetes Total Wellness • 1:00 pm V Painting with Chris • 1:30 pm V Bmore Fit • 3:00 pm 	<p>30</p> <ul style="list-style-type: none"> L Puppets with Vy • 10:00 am V Powerful Tools for Care Partners • 10:00 am L V CoreFit • 10:30 am L V Line Dancing • 12:30 pm L Knitting Circle • 1:00 pm V Puppets with Vy • 1:30 pm 	<p>31</p>	