

OCTOBER 2023



SUN

MON


TUE

WED

THU

FRI

SAT

1 RENT DUE	2 HIGHLAND HIKERS 10 **CHAIR YOGA 10:30 SEEDS OF HOPE 12PM	3 BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	4 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	5 RENT LATE YOGA 11:15 MEDICARE 101 SEMINAR 1PM LUNCH PROVIDED THRISTY THURSDAY 4-5:30	6 HIGHLAND HIKERS 10 FUNCTIONAL FITNESS 10 - 10:45 POTLUCK 5:30 BINGO	7 COFFEE TALK 9AM
8 LINE DANCING 6PM	9 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	10 *****MEN'S BREAKFAST AROUND THE CORNER 9AM BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	11 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	12 YOGA 11:15 THRISTY THURSDAY 4-5:30	13 HIGHLAND HIKERS 10 FUNCTIONAL FITNESS 10 BOOK CLUB 11 CANASTA 1	14 COFFEE TALK 9AM
15 SUNDAY SING-A-LONG HOUR 2-3PM LINE DANCING 6PM	16 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	17 BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3 HUMANA PLAN SEMINAR 3:30	18 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	19 YOGA 11:15 THRISTY THURSDAY 4-5:30	20 HIGHLAND HIKERS 10 FUNCTIONAL FITNESS 10	21 COFFEE TALK 9AM
22 SUNDAY SING-A-LONG HOUR 2-3PM LINE DANCING 6PM	23 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	24 BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	25 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	26 YOGA 11:15 HALLOWEEN COSTUME PARTY & CHILI COOK OFF 4:30 - 6:30	27 HIGHLAND HIKERS 10 FUNCTIONAL FITNESS 10 CANASTA 1	28 COFFEE TALK 9AM
29 SUNDAY SING-A-LONG HOUR 2-3PM LINE DANCING 6PM	30 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	31 BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3 HAPPY HALLOWEEN				

**PLEASE NOTE CHANGES THIS MONTH TO
SCHEDULE.