



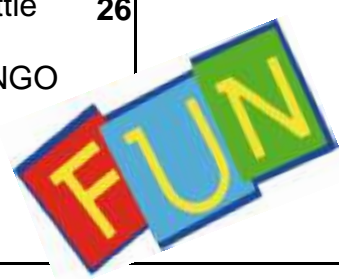



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
**Breast Cancer Awareness Month **Bullying Prevention Month	9am *Exercise 1 10:15 *Chair Yoga	9am *Exercise 2 10am Advisory Meeting Simchat Torah	9am Shuttle 3 10am *Bible Study 10:15 *Chair Yoga 1pm Bridge	9am *Exercise 4 10am *Music 10am Foster Grandparents	9am Shuttle 5 10am Popcorn Fridays 	**Liver Awareness Month
	7 9am *Exercise 8 10:15 *Chair Yoga Columbus Day (US) Thanksgiving Day (Canada)	9am *Exercise 9 10am Crafts w/Kim 	9am Shuttle 10 10am *Bible Study 10:15 *Chair Yoga 1pm Bridge	9am *Exercise 11 10am-12 noon *Flu Shots (Tift Co. Health Dept.) 4pm *Alzheimer's Support group	12 World Arthritis Day 9am Shuttle 10am "Living w/Arthritis (Georgia Home Health)"	13 **Dental Hygiene Month **Talk About Your Medicines Month
14 **Sudden Cardiac Arrest Awareness Month	9am *Exercise 15 10:15 *Chair Yoga HEALTH	9am *Exercise 16 10am *Singing Samaritans	9am Shuttle 17 10am *Bible Study 10:15 *Chair Yoga 1pm Bridge	9am *Exercise 18 10am *Music	9am Shuttle 19 10am JINGO 7pm *SELF	20 AARP Drivers ED 9am – 4pm 
21 **Domestic Violence Awareness Month	9am *Exercise 22 10:15 *Chair Yoga	9am *Exercise 23 10am *Harris Professional Care (Introduction of Services)	9am Shuttle 24 10am *Bible Study 10:15 *Chair Yoga 12:30pm Lunch-n-Learn (Mental Health by Dr. Saxena) (LRSC Seniors & COT Employees)	9am *Exercise 25 Trip to Macon (LRSC Seniors)	9am Shuttle 26 10am BINGO (ResCare) 	27
	28 9am *Exercise 29 10:15 *Chair Yoga	9am *Exercise 30 10am Coffee & Conversations	9am Shuttle 31 10am *Bible Study 10:15 *Chair Yoga 1pm Bridge Halloween	October 2018 Leroy Rogers Senior Center		