



Thursday 1 Coffee & Conversation (8-10) Chair + Cardio Dance (9:30-10) Yoga (10-11am) "Compass on the Bay" Fall Flower Arrangement (11:30-1:30)	Friday 2 Coffee & Conversation (8-10) Card Games (9-10:15) Yoga with Michelle (9-10) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)
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Monday 5 Coffee & Conversation (8-10) Chair Tai Chi (9:45-10:15) Pokeno (10:30-2) Ethos Lunch (12-12:45)	Tuesday 6 Coffee & Conversation (8-10) Cardio Exercise (10-10:40) (11:30-12:15) Line Dancing (10:40-11:05) Intro to Mahjong (12:30-2:30) Age Strong Advocacy (12:30-3:30)	Wednesday 7 Coffee & Conversation (8-10) Crochet w/ Katie (8:30-10) Card Games (9-10:15) BPD Walk the Beat (10-11) ABC Forever Young Bocce/Archery (<i>Langone Park North-End</i>) (11:30-2:00) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)	Thursday 8 Coffee & Conversation (8-10) Chair + Cardio Dance (9:30-10) Yoga (10-11am) Lunch & Learn (Health Center) Topic: Podiatry (11:45-2:00)	Friday 9 Coffee & Conversation (8-10) Card Games (9-10:15) Yoga with Michelle (9-10) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)
Monday 12 CLOSED FOR INDIGINEOUS PEOPLE'S DAY 	Tuesday 13 Coffee & Conversation (8-10) Cardio Exercise (10-10:40) (11:30-12:15) Line Dancing (10:40-11:05) Book Club (12:45-1:45)	Wednesday 14 Coffee & Conversation (8-10) Crochet w/ Katie (8:30-10) Card Games (9-10:15) BPD Walk the Beat (10-11) ABC Forever Young Bocce/Archery (<i>Langone Park North-End</i>) (11:30-2:00) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)	Thursday 15 Coffee & Conversation (8-10) Chair + Cardio Dance (9:30-10) Yoga (10-11am) Arts & Crafts with Keighan (11:30-1:30)	Friday 16 Coffee & Conversation (8-10) Card Games (9-10:15) Yoga with Michelle (9-10) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)
Monday 19 Coffee & Conversation (8-10) Chair Tai Chi (9:45-10:15) Dice (LCR) (10:30-2) Ethos Lunch (12-12:45)	Tuesday 20 Coffee & Conversation (8-10) Cardio Exercise (10-10:40) (11:30-12:15) Line Dancing (10:40-11:05)	Wednesday 21 Coffee & Conversation (8-10) Crochet w/ Katie (8:30-10) Card Games (9-10:15) BPD Walk the Beat (10-11) ABC Forever Young Bocce/Archery (<i>Langone Park North-End</i>) (11:30-2:00) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)	Thursday 22 Coffee & Conversation (8-10) Chair + Cardio Dance (9:30-10) Yoga (10-11am) North End Bingo (11-3:30)	Friday 23 Coffee & Conversation (8-10) Card Games (9-10:15) Yoga with Michelle (9-10) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)
Monday 26 Coffee & Conversation (8-10) Chair Tai Chi (9:45-10:15) Pokeno (10:30-2) Ethos Lunch (12-12:45)	Tuesday 27 Coffee & Conversation (8-10) Cardio Exercise (10-10:40) (11:30-12:15) Line Dancing (10:40-11:05) "Slice of Life" Writing Group (12:30-2)	Wednesday 28 Coffee & Conversation (8-10) Crochet w/ Katie (8:30-10) Card Games (9-10:15) BPD Walk the Beat (10-11) ABC Forever Young Bocce/Archery (<i>Langone Park North-End</i>) (11:30-2:00) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)	Thursday 29 Coffee & Conversation (8-10) Chair + Cardio Dance (9:30-10) Yoga (10-11am) Halloween Through the Decades Karaoke Party (12:00-3:00)	Friday 30 Coffee & Conversation (8-10) Card Games (9-10:15) Yoga with Michelle (9-10) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)