

**NEW CASTLE SENIOR CENTER  
OCTOBER  
WEEKLY ACTIVITIES**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
9:00-3:00 Billiards 9:00 Pool Exercise 10:00 Wii Bowling 12:00 Lunch 12:00 Mah Jongg 1:00 Chair Yoga	9-3:00 Billiards 10:00 Bingo 10:30 Shanghai 10:30 Wii Bowling 12:00 Lunch 1:00 Strength Building/Exercise	9-3:00 Billiards 11:00 Line Dancing 12:00 Lunch 1:00 Agility/Balance/Coordination Class	9-7:00 Billiards 9:30 Bridge 9:30 Wii Bowling 10:00 Games w/Tom 12:00 Lunch 12:30 Super Market 1:00 Wii Bowling 1:00 Zumba Gold 2:15 Tai Chi/Qi Gong 2:30 Bible Study 5:30 Yoga	9-3:00 Billiards 10:00 Bingo 10:00 Mah Jongg 10:30 Beginner's/Arthritis Exercise 12:00 Lunch

**OCTOBER MONTHLY ACTIVITIES**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
10:00 Always Best Care: Planning Meals on a Budget 10:30 Adult Coloring	9:30 The Garrison	10:00 Pinochle 10:00 Chair Yoga 10:00 Cigna: Medicare 1:30 YMCA Diabetes Prevention Program	9:00 Bank & PO 9:30 Massage Program 12:30 Food Lion 5:00 Pot Luck Dinner	11:30 Brain Boosters 12:30 New Castle Farmer's Market
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>CENTER CLOSED</b>  <b>COLUMBUS DAY</b>	12:30 Pokeno	8:30 Kitchen Kettle Village 10:00 Care Wear  1:30 YMCA Diabetes Prevention Program	12:30 Shop Rite 5:00 "Old is not Easy" 6:00 The Garrison	12:00 Entertainment-Suzette Pritchett
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
10:00 Dover Federal Credit Union: Debt Management/Credit Scores 10:30 Reminisce Group		9:00 Nat. Depression Day Screenings 10:00 Pinochle 10:00 Blood Work 11:45 Wilmington Western Railroad 1:30 YMCA Diabetes	9:00 Bank & PO 10:00 Blood Pressure 12:30 Food Lion <b>No Bible Study</b> <b>No Tai Chi</b> <b>No Yoga</b> <b>Closing at 3:00</b>	<b>CENTER CLOSED</b>  <b>BAZAAR SET UP</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
10:00 Bingo and lunch with C&D Senior Center (here)	12:30 Food Distribution	10:30 Book Club  1:00 Bazaar Wrap up Meeting 1:30 YMCA Diabetes Prevention Program	9:00 Stand by Me  12:30 Shop Rite 4:00 Movie Night	12:30 Dollar Store
<b>29</b>	<b>30</b>	<b>31</b>		
10:00 Highmark: Move to Get Healthy 10:00 Learn to Play Pool 12:15 Birthday Celeb 12:30 Brain Boosters		10:00 Atrium Indep. Senior Living 11:00 Lunch Out: Cracker Barrel 1:30 YMCA Diabetes Prevention Program		<b>Don't forget the Harvest Bazaar!</b>  <b>Saturday, Oct. 20</b> <b>9:00-3:00</b>