

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# OCTOBER 2025

## Meyer Senior & Community Center – Senior Services

|                                                                                                                                                    |  |                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                         |  |                                                                                                                                                                                                                                                     |  |                                                                                                                                                                                                                                             |  |                                                                                                                                                                                                |  |
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|                                                                                                                                                    |  |                                                                                                                                     | 1                                                                                                                                                                                                                                                                                                                                                                       |  | 2                                                                                                                                                                                                                                                   |  | 3                                                                                                                                                                                                                                           |  | 4                                                                                                                                                                                              |  |
|                                                                                                                                                    |  |                                                                                                                                     | 9 a.m.-12 p.m.- Bridge<br>10-11 a.m.- Intermediate Line Dancing with Teri<br>9-11 a.m.- Sit & Fit<br>1-4 p.m.- Mah Jongg<br>1-4 p.m.- Learn to Play Texas Hold'em Poker<br>2:30-3:30 p.m.- Intermediate Tai Chi<br>3:30-4:30 p.m.- Beginner Tai Ch                                                                                                                      |  | 9 a.m.-12 p.m.- Learn to Play 42<br>9-11 a.m.- Sit & Fit<br>2-4 p.m.- Open Art Time                                                                                                                                                                 |  | 9 a.m.-12 p.m.- Bridge<br>9 a.m.-12 p.m.- Shanghai Rummy<br>12-1 p.m.- BINGO<br>1-4 p.m.- Open Game Time                                                                                                                                    |  | 1-4 p.m.- Saturday Senior Hangout<br><br><i>Enjoy an afternoon with friends while playing games, cards, corn hole, ping pong, watching sports, enjoying refreshments, swapping books, etc.</i> |  |
| 5                                                                                                                                                  |  | 6                                                                                                                                   | 7                                                                                                                                                                                                                                                                                                                                                                       |  | 8                                                                                                                                                                                                                                                   |  | 10                                                                                                                                                                                                                                          |  | 11                                                                                                                                                                                             |  |
| 9-10 a.m.- Foreversize<br>9 a.m.-12 p.m.- 42 Dominoes<br>9-11 a.m.- Sit & Fit<br>5:30-8:30 p.m.- Game Night                                        |  | 10 a.m.-12:45 p.m.- Rummikub<br>12:30-3 p.m.- Jam Session Group<br>1-1:45 p.m.- Nia Moving to Heal<br>1-4 p.m.- Hand & Foot Canasta | 9 a.m.-12 p.m.- Bridge<br>10-11 a.m.- Intermediate Line Dancing with Teri<br>9-11 a.m.- Sit & Fit<br>1-4 p.m.- Mah Jongg<br>1-4 p.m.- Learn to Play Texas Hold'em Poker<br>2:30-3:30 p.m.- Intermediate Tai Chi<br>3:30-4:30 p.m.- Beginner Tai Chi                                                                                                                     |  | 9 a.m.-12 p.m.- Learn to Play 42<br>9-11 a.m.- Sit & Fit<br>10-12 p.m.- Basic Jewelry Making<br>2-4 p.m.- Open Art Time                                                                                                                             |  | 9 a.m.-12 p.m.- Bridge<br>9 a.m.-12 p.m.- Shanghai Rummy<br>10:30 a.m.-1:30 p.m.- Jam Session Group<br>12-1 p.m.- BINGO<br>1-4 p.m.- Open Game Time                                                                                         |  | 1-4 p.m.- Saturday Senior Hangout<br><br><i>Enjoy an afternoon with friends while playing games, cards, corn hole, ping pong, watching sports, enjoying refreshments, swapping books, etc.</i> |  |
| 12                                                                                                                                                 |  | 13                                                                                                                                  | 14                                                                                                                                                                                                                                                                                                                                                                      |  | 15                                                                                                                                                                                                                                                  |  | 17                                                                                                                                                                                                                                          |  | 18                                                                                                                                                                                             |  |
| 9-10 a.m.- Foreversize<br>9 a.m.-12 p.m.- 42 Dominoes<br>9-11 a.m.- Sit & Fit<br>5:30-8:30 p.m.- Game Night                                        |  | 10 a.m.-12:45 p.m.- Rummikub<br>12:30-3 p.m.- Jam Session Group<br>1-1:45 p.m.- Nia Moving to Heal<br>1-4 p.m.- Hand & Foot Canasta | 9 a.m.-12 p.m.- Bridge<br>10-11 a.m.- Intermediate Line Dancing with Teri<br>9-11 a.m.- Sit & Fit<br><b>11:30 a.m.-1 p.m.- "A Mann and his Thoughts" by CS Fire Fire Chief Richard Mann - Larry J. Ringer Library</b><br>1-4 p.m.- Mah Jongg<br>1-4 p.m.- Learn to Play Texas Hold'em Poker<br>2:30-3:30 p.m.- Intermediate Tai Chi<br>3:30-4:30 p.m.- Beginner Tai Chi |  | 9 a.m.-12 p.m.- Learn to Play 42<br>9-11 a.m.- Sit & Fit<br>2-4 p.m.- Open Art Time                                                                                                                                                                 |  | 9 a.m.-12 p.m.- Bridge<br>9 a.m.-12 p.m.- Shanghai Rummy<br>12-1 p.m.- BINGO sponsored by AccentCare Hospice<br>1-3 p.m.- Movie & Popcorn<br>1-4 p.m.- Open Game Time                                                                       |  | 1-4 p.m.- Saturday Senior Hangout<br><br><i>Enjoy an afternoon with friends while playing games, cards, corn hole, ping pong, watching sports, enjoying refreshments, swapping books, etc.</i> |  |
| 19                                                                                                                                                 |  | 20                                                                                                                                  | 21                                                                                                                                                                                                                                                                                                                                                                      |  | 22                                                                                                                                                                                                                                                  |  | 24                                                                                                                                                                                                                                          |  | 25                                                                                                                                                                                             |  |
| 9-10 a.m.- Foreversize<br>9 a.m.-12 p.m.- 42 Dominoes<br>9-11 a.m.- Sit & Fit<br>5:30-8:30 p.m.- Game Night                                        |  | 10 a.m.-12:45 p.m.- Rummikub<br>12:30-3 p.m.- Jam Session Group<br>1-1:45 p.m.- Nia Moving to Heal<br>1-4 p.m.- Hand & Foot Canasta | 9 a.m.-2 p.m.- Bridge Tournament (RSVP by calling or stopping by Meyer Center)<br>10-11 a.m.- Intermediate Line Dancing with Teri<br>9-11 a.m.- Sit & Fit<br>1-4 p.m.- Mah Jongg<br>1-4 p.m.- Learn to Play Texas Hold'em Poker<br>2:30-3:30 p.m.- Intermediate Tai Chi<br>3:30-4:30 p.m.- Beginner Tai Chi                                                             |  | 9 a.m.-12 p.m.- Learn to Play 42<br>9-11 a.m.- Sit & Fit<br><b>11 a.m.-2 p.m.- Senior Autumn Fest at Lincoln Recreation Center</b><br>2-4 p.m.- Open Art Time                                                                                       |  | 9 a.m.-12 p.m.- Bridge<br>9 a.m.-12 p.m.- Shanghai Rummy<br>10:30 a.m.-1:30 p.m.- Jam Session Group<br>12-1 p.m.- BINGO sponsored by The Junkluggers of Brazos Valley<br>1-4 p.m.- Open Game Time                                           |  | 1-4 p.m.- Saturday Senior Hangout<br><br><i>Enjoy an afternoon with friends while playing games, cards, corn hole, ping pong, watching sports, enjoying refreshments, swapping books, etc.</i> |  |
| 26                                                                                                                                                 |  | 27                                                                                                                                  | 28                                                                                                                                                                                                                                                                                                                                                                      |  | 29                                                                                                                                                                                                                                                  |  | 30                                                                                                                                                                                                                                          |  | 31                                                                                                                                                                                             |  |
| <b>- Senior Membership Required</b><br><br><b>- Class Fee</b><br><br><b>- Free for Ages 55+</b><br><br><b>- Closure/Holiday/Class Cancellation</b> |  | 9-10 a.m.- Foreversize<br>9 a.m.-12 p.m.- 42 Dominoes<br>9-11 a.m.- Sit & Fit<br>5:30-8:30 p.m.- Game Night                         | 10 a.m.-12:45 p.m.- Rummikub<br>12-1:30 p.m.- Pizza & Potluck Social<br>12:30-3 p.m.- Jam Session Group<br>1-1:45 p.m.- Nia Moving to Heal<br>1-4 p.m.- Hand & Foot Canasta<br>2-3:30 p.m.- Wearable Arts                                                                                                                                                               |  | 9 a.m.-12 p.m.- Bridge<br>10-11 a.m.- Intermediate Line Dancing with Teri<br>9-11 a.m.- Sit & Fit<br>1-4 p.m.- Mah Jongg<br>1-4 p.m.- Learn to Play Texas Hold'em Poker<br>2:30-3:30 p.m.- Intermediate Tai Chi<br>3:30-4:30 p.m.- Beginner Tai Chi |  | <b>8:30-9:30 a.m.- Senior Advisory Group at Meyer Center</b><br>9 a.m.-12 p.m.- Learn to Play 42<br>9-11 a.m.- Sit & Fit<br>2-4 p.m.- Open Art Time<br><b>5-7 p.m.- Halloween Bunco Party (RSVP by calling or stopping by Meyer Center)</b> |  | 9 a.m.-12 p.m.- Bridge<br>9 a.m.-12 p.m.- Shanghai Rummy<br>12-1 p.m.- BINGO sponsored by Watercrest at Bryan<br>1-4 p.m.- Open Game Time                                                      |  |
|                                                                                                                                                    |  |                                                                                                                                     | 1-4 p.m.- Saturday Senior Hangout<br><br><i>Enjoy an afternoon with friends while playing games, cards, corn hole, ping pong, watching sports, enjoying refreshments, swapping books, etc.</i>                                                                                                                                                                          |  |                                                                                                                                                                                                                                                     |  |                                                                                                                                                                                                                                             |  |                                                                                                                                                                                                |  |

SUNDAY

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# OCTOBER 2025

## Lincoln Recreation Center – Senior Services

|                                                                                                                                                      |                                                                                                                                                                                                          |                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                         |    |
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|                                                                                                                                                      |                                                                                                                                                                                                          |                                                                                                                                                                                                                                        | 1<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>9 a.m.-1 p.m.- Me Time (Open Craft Time)<br>11 a.m.-12 p.m.- BINGO sponsored by Golden Creek Healthcare & Rehab<br>11 a.m.-12:30 p.m.- Hot Lunch                                                                                                       | 2<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>10-11 a.m.- Zumba Gold<br>11 a.m.-12 p.m.- Motivational Moments<br>11 a.m.-12:30 p.m.- Hot Lunch                                                                                                                                          | 3<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>11 a.m.-12:30 p.m.- Hot Lunch                                             | 4  |
| 5<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>9:30 a.m.-12 p.m.- Scrapbooking Crop<br>11 a.m.-12:30 p.m.- Hot Lunch  | 6<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>10-11 a.m.- Foreversize<br>11 a.m.-12 p.m.- Body & Brain Games<br>11 a.m.-12 p.m.- Pokeno<br>11 a.m.-12:30 p.m.- Hot Lunch | 7<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>10-11 a.m.- Foreversize<br>11 a.m.-12 p.m.- Body & Brain Games<br>11 a.m.-12 p.m.- Pokeno<br>11 a.m.-12:30 p.m.- Hot Lunch                               | 8<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>9:30-11 a.m.- Arts, Crafts, DIYS<br>11 a.m.-12 p.m.- BINGO<br>11 a.m.-12:30 p.m.- Hot Lunch                                                                                                                                                            | 9<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>10-11 a.m.- Zumba Gold<br>11 a.m.-12 p.m.- Body & Brain Games<br>11 a.m.-12:30 p.m.- Hot Lunch                                                                                                                                            | 10<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>11 a.m.-12:30 p.m.- Hot Lunch                                            | 11 |
| 12<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>9:30 a.m.-12 p.m.- Scrapbooking Crop<br>11 a.m.-12:30 p.m.- Hot Lunch | 13<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>9:30 a.m.-12 p.m.- Scrapbooking Crop<br>11 a.m.-12:30 p.m.- Hot Lunch                                                     | 14<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>10-11 a.m.- Foreversize<br>11 a.m.-12 p.m.- Body & Brain Games with Brazos Valley Food Bank<br>11 a.m.-12 p.m.- Pokeno<br>11 a.m.-12:30 p.m.- Hot Lunch | 15<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>9 a.m.-1 p.m.- Me Time (Open Craft Time)<br>11 a.m.-12 p.m.- BINGO sponsored by Sodalis College Station<br>11 a.m.-12:30 p.m.- Hot Lunch<br>11:30 a.m.-1 p.m.- "A Mann and his Thoughts" by CS Fire Fire Chief Richard Mann - Larry J. Ringer Library | 16<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>10-11 a.m.- Zumba Gold<br>11 a.m.-12 p.m.- Body & Brain Games<br>"Senior Traveling Guide"<br>11 a.m.-12:30 p.m.- Hot Lunch                                                                                                               | 17<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>11 a.m.-12:30 p.m.- Hot Lunch                                            | 18 |
| 19<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>9:30 a.m.-12 p.m.- Scrapbooking Crop<br>11 a.m.-12:30 p.m.- Hot Lunch | 20<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>9:30 a.m.-12 p.m.- Scrapbooking Crop<br>11 a.m.-12:30 p.m.- Hot Lunch                                                     | 21<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>10-11 a.m.- Foreversize<br>11 a.m.-12 p.m.- Body & Brain Games<br>11 a.m.-12 p.m.- Pokeno<br>11 a.m.-12:30 p.m.- Hot Lunch                              | 22<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>9:30-11 a.m.- Arts, Crafts, DIYS<br>11 a.m.-12 p.m.- BINGO sponsored by BVCASA<br>11 a.m.-12:30 p.m.- Hot Lunch                                                                                                                                       | 23<br>8:30-9:30 a.m.- Senior Advisory Group at Meyer Center<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>10-11 a.m.- Zumba Gold<br>11 a.m.-2 p.m.- Senior Autumn Fest at Lincoln Recreation Center                                                                                       | 24<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>11 a.m.-12:30 p.m.- Hot Lunch                                            | 25 |
| 26<br>- Senior Membership Required<br>- Class Fee<br>- Free for Ages 55+<br>- Closure/Holiday/Class Cancellation                                     | 27<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>9:30 a.m.-12 p.m.- Scrapbooking Crop<br>11 a.m.-12:30 p.m.- Hot Lunch                                                     | 28<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>10-11 a.m.- Foreversize<br>11 a.m.-12 p.m.- Body & Brain Games<br>11 a.m.-12 p.m.- Pokeno<br>11 a.m.-12:30 p.m.- Hot Lunch                              | 29<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>9 a.m.-1 p.m.- Me Time (Open Craft Time)<br>11 a.m.-12 p.m.- BINGO sponsored by Accessible in Aggieland<br>11 a.m.-12:30 p.m.- Hot Lunch                                                                                                              | 30<br>8:30-9:30 a.m.- Senior Advisory Group at Meyer Center<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>10-11 a.m.- Zumba Gold<br>11 a.m.-12 p.m.- Body & Brain Games<br>11 a.m.-12:30 p.m.- Hot Lunch<br>5-7 p.m.- Halloween Bunco Party (RSVP by calling or stopping by Meyer Center) | 31<br>9 a.m.-1 p.m.- Fitness Center & Walking<br>9 a.m.-1 p.m.- Table Games<br>11 a.m.-12:30 p.m.- Hot Lunch<br>11 a.m.- 1 p.m.- October Birthday Party |    |

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# OCTOBER 2025

## Southwood Community Center – Senior Services

|                                                                                                                                                   |                                                                                                                                                   |                                                                                  |                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                             |                                                                                                       |    |
|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|----|
|                                                                                                                                                   |                                                                                                                                                   |                                                                                  | 1<br>7:30-8:30 a.m.- Beginner Yoga<br>9-10 a.m.- Beginning Line Dance<br>10-11 a.m.- Advanced Beginner Line Dance<br>1-2:30 p.m.- Foreversize<br>3:30-4:10 p.m.- Fit Self-Defense                                                                                                               | 2<br>9:30-10:30 a.m.- Heartfulness Meditation<br>1-2 p.m.- Computer & Tech Class                                                                                                                                            | 3<br>9-10 a.m.- Intermediate Line Dancing II<br>10:15-11:15 a.m.- Intermediate Line Dancing with Tom  | 4  |
| 5<br>9-10 a.m.- Beginning Line Dance<br>10-11 a.m.- Advanced Beginner Line Dance<br>1-2:30 p.m.- Foreversize<br>3:30-4:10 p.m.- Fit Self-Defense  | 6                                                                                                                                                 | 7<br>9-10 a.m.- Intermediate Line Dancing II<br>1-2 p.m.- Computer & Tech Class  | 8<br>7:30-8:30 a.m.- Beginner Yoga<br>9-10 a.m.- Beginning Line Dance<br>10-11 a.m.- Advanced Beginner Line Dance<br>1-2:30 p.m.- Foreversize<br>1-4:30 p.m.- Quilting Studio<br>3:30-4:10 p.m.- Fit Self-Defense                                                                               | 9<br>9:30-10:30 a.m.- Heartfulness Meditation<br>1-2 p.m.- Computer & Tech Class                                                                                                                                            | 10<br>9-10 a.m.- Intermediate Line Dancing II<br>10:30 a.m.-1:30 p.m.- Line Dancing Party             | 11 |
| 12<br>9-10 a.m.- Beginning Line Dance<br>10-11 a.m.- Advanced Beginner Line Dance<br>1-2:30 p.m.- Foreversize<br>3:30-4:10 p.m.- Fit Self-Defense | 13                                                                                                                                                | 14<br>9-10 a.m.- Intermediate Line Dancing II<br>1-2 p.m.- Computer & Tech Class | 15<br>7:30-8:30 a.m.- Beginner Yoga<br>9-10 a.m.- Beginning Line Dance<br>10-11 a.m.- Advanced Beginner Line Dance<br>11:30 a.m.-1 p.m.- "A Mann and his Thoughts" by CS Fire Fire Chief Richard Mann - Larry J. Ringer Library<br>1-2:30 p.m.- Foreversize<br>3:30-4:10 p.m.- Fit Self-Defense | 16<br>9:30-10:30 a.m.- Heartfulness Meditation<br>1-2 p.m.- Computer & Tech Class                                                                                                                                           | 17<br>9-10 a.m.- Intermediate Line Dancing II<br>10:15-11:15 a.m.- Intermediate Line Dancing with Tom | 18 |
| 19<br>9-10 a.m.- Beginning Line Dance<br>10-11 a.m.- Advanced Beginner Line Dance<br>1-2:30 p.m.- Foreversize<br>3:30-4:10 p.m.- Fit Self-Defense | 20                                                                                                                                                | 21<br>9-10 a.m.- Intermediate Line Dancing II<br>1-2 p.m.- Computer & Tech Class | 22<br>7:30-8:30 a.m.- Beginner Yoga<br>9-10 a.m.- Beginning Line Dance<br>10-11 a.m.- Advanced Beginner Line Dance<br>1-2:30 p.m.- Foreversize<br>3:30-4:10 p.m.- Fit Self-Defense                                                                                                              | 23<br>9:30-10:30 a.m.- Heartfulness Meditation<br>11 a.m.-2 p.m.- Senior Autumn Fest at Lincoln Recreation Center<br>1-2 p.m.- Computer & Tech Class                                                                        | 24<br>9-10 a.m.- Intermediate Line Dancing II<br>10:15-11:15 a.m.- Intermediate Line Dancing with Tom | 25 |
| 26<br>- Senior Membership Required<br><br>- Class Fee<br><br>- Free for Ages 55+<br><br>- Closure/Holiday/Class Cancellation                      | 27<br>9-10 a.m.- Beginning Line Dance<br>10-11 a.m.- Advanced Beginner Line Dance<br>1-2:30 p.m.- Foreversize<br>3:30-4:10 p.m.- Fit Self-Defense | 28<br>9-10 a.m.- Intermediate Line Dancing II<br>1-2 p.m.- Computer & Tech Class | 29<br>7:30-8:30 a.m.- Beginner Yoga<br>9-10 a.m.- Beginning Line Dance<br>10-11 a.m.- Advanced Beginner Line Dance<br>1-2:30 p.m.- Foreversize<br>3:30-4:10 p.m.- Fit Self-Defense                                                                                                              | 30<br>8:30-9:30 a.m.- Senior Advisory Group at Meyer Center<br>9:30-10:30 a.m.- Heartfulness Meditation<br>1-2 p.m.- Computer & Tech Class<br>5-7 p.m.- Halloween Bunco Party (RSVP by calling or stopping by Meyer Center) | 31<br>9-10 a.m.- Intermediate Line Dancing II<br>10:15-11:15 a.m.- Intermediate Line Dancing with Tom |    |