

OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FILIPINO LUNCH	CHINESE LUNCH	VIETNAMESE LUNCH	KOREAN LUNCH	HISPANIC LUNCH
9:00 AM – 3:00 PM	9:00 AM – 3:00 PM	9:00 AM – 3:00 PM	9:00 AM – 3:00 PM	9:00 AM – 3:00 PM
3 9:00 Social Time 12:00 Lunch	4 9:00 Social Time 12:00 Lunch	5 10:30 Exercise 11:00 Fall Asleep, Stay Asleep ---- Presented by Humana 12:00 Lunch 12:30 Karaoke	6 9:40 Karaoke 10:10 Exercise 10:30 Bingo 12:00 Lunch	7 9:00 Social Time 12:00 Lunch
10 9:00 Social Time 11:00 Fall Asleep, Stay Asleep ---- Presented by Humana 12:00 Lunch	11 9:00 Social Time 12:00 Lunch	12 10:30 Exercise 10:45 Birthday Celebration 11:00 Karaoke 12:00 Lunch	13 9:40 Karaoke 10:10 Exercise 10:30 Bingo 11:00 Fall Asleep, Stay Asleep ---Presented by Humana 12:00 Lunch	14 NO GROUP MEETING - CENTER CLOSED
17 9:00 Social Time 11:15 Zumba 12:00 Lunch	18 9:00 Tai Chi 9:30 Music Group 10:00 Kongfu Fan Dancing 10:45 BP Checks 11:30 Singing 12:00 Lunch	19 10:30 Exercise 11:00 Karaoke 11:15 BP Checks 12:00 Lunch	20 9:40 Karaoke 10:10 Exercise 10:30 Bingo 11:00 Simple Steps to Help Prevent Falls ---Presented by Humana 12:00 Lunch	21 9:00 Social Time 10:30 BP Checks 12:00 Lunch
24 9:00 Social Time 10:30 BP Checks 11:15 Zumba 12:00 Lunch	25 9:00 Tai Chi 9:30 Music Group 10:00 Kongfu Fan Dancing 11:15 Birthday Celebration 11:30 Singing 12:00 Lunch	26 10:30 Exercise 11:00 Nutrition Cooking Demo: Blood Sugar Control 12:00 Lunch 12:30 Karaoke	27 9:40 Karaoke 10:10 Exercise 10:30 Bingo 12:00 Lunch	28 NO GROUP MEETING - CENTER CLOSED
31 HALLOWEEN & OCTOBER BIRTHDAY CELEBRATION				



Homage Senior Services – Center for Healthy Living
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