



# OCTOBER 2024

**Event Types:**  
**Intellectual**  
**Physical**  
**Social**  
**Spiritual**

Classes with (\*) require reservations. Call us to sign up!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01 10 AM Balance & Core	02 5:30 PM Country Cowboy Bible Study	03 10 AM Balance & Core 10:30 AM Needleworks+ 11:15 AM Senior Social Hour and Lunch 5:30 PM Woman's Bible Study	04 10 AM Mah Jong	05 9 AM Al Anon
07 9 AM Mindfulness Yoga 10:45 AM Chair Yoga	08 10 AM Balance & Core 10:30 AM Computer Assistance	09 10:30 AM Bunco Too! 1 PM Bunco	10 10 AM Balance & Core 10:30 AM Needleworks+ 11:15 AM Senior Social Hour and Lunch 5:30 PM Woman's Bible Study	11 10 AM Mah Jong	12 9 AM Al Anon  1PM Paint and Sip with Dawn Silva (\$40)*
14 9 AM Mindfulness Yoga 10:45 AM Chair Yoga	15 10 AM Balance & Core 10:30 AM Computer Assistance	16 5:30 PM Country Cowboy Bible Study	17 10 AM Balance & Core 10:30 AM Needleworks+ 11:15 AM Senior Social Hour and Lunch 4:30 PM Wii Bowling 5:30 PM Woman's Bible Study	18 10 AM Mah Jong	19 9 AM Al Anon
21 9 AM Mindfulness Yoga 10:45 AM Chair Yoga	22 10 AM Balance & Core 10:30 AM Computer Assistance 5:30 PM Scrapbooking Group Crop(\$5)*	23 10:30 AM Bunco Too!	24 10 AM Balance & Core 10:30 AM Needleworks+ 11:15 AM Senior Social Hour and Lunch 5:30 PM Woman's Bible Study	25 10 AM Mah Jong	26 9 AM Al Anon
28 9 AM Mindfulness Yoga 10:45 AM Chair Yoga	29 10 AM Balance & Core 10:30 AM Computer Assistance	30	31 10 AM Balance & Core 10:30 AM Needleworks+ 11:15 AM Senior Social Hour and Lunch 5:30 PM Woman's Bible Study		

**\*\*Classes are subject to change at any time; call to confirm.**

**All Yoga Classes- \$10 Suggested Donation**  
**Thursday Lunch \$4.50 Reserve your Meal by Tuesday @ 2pm**

11699 Merrell Rd.  
 Groveland, CA 95321  
**(209)962-7303**