

# OCTOBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:30 Guest Speak (Fire Safety) 12:00 NEW Lunch Time	2 9:00 ~ Tai Ji Quan 10:00 Yoga	3 Monica in Training 10:30 Creative Wed.	4 Monica in Training 9:00 ~ Tai Ji Quan 10:00 Yoga	5 Monica in Training Birthday Friday Friday Nigh Lights (Pullman)	6 Mary Poppins Spokane Civic Theater (LV 12:00)
7	8 11:15 Old Time Fid- dlers	9 9:00 ~ Tai Ji Quan 10:00 Yoga 12:15 PSCA Meeting/Potluck	10 Monica in Training Out of Town 10:30 Creative Wed.	11 9:00 ~ Tai Ji Quan Buck Knife/Cabela's (LV 9:30) 10:00 Yoga 10:30 Red Hats	12	13 Fall Harvest Wilson Banner Ranch Clarkston (LV 10:00)
14	15 11:15 to 12:00 Blood Pressure Check	16 9:00 ~ Tai Ji Quan 10:00 Yoga PSC Supper Club Zo- ey's Pullman (LV 4:30)	17 10:30 Creative Wed.	18 9:00 ~ Tai Ji Quan 10:00 Yoga  3:30 PCOA Meeting	19 11:15 Kitchen Band 12:30 Bingo  Fall Splendor Trip/Rockaway Beach/OR Oct. 19th -Oct 21st	20
21	22	23 9:00 ~ Tai Ji Quan 10:00 Yoga  1:30 WSU Retirees	24 10:30 Palouse Meal Site Visit 10:30 Creative Wed.  5:30 Family Night	25 9:00 ~ Tai Ji Quan Fall Festival @ Greenbluff (LV 9:30) 10:00 Yoga	26 12:30 Cribbage  Friday Nigh Lights (Palouse)	27
28	29 10:00 ~ News letter mailing	30 9:00 ~ Tai Ji Quan 10:00 Yoga	31 10:30 Creative Wed. Halloween Party @ Hillyard (LV 9:30)	M/F @ 12:00~ COA Nutrition Program M/W @ 11 am ~ Fit & Fall Proof Exercises M/F @ 12:30 ~ Cards/Bridge Tu/W @ 1-4 pm ~ Wii Bowling Practice Th @ 1-4 ~ Wii Bowling Games Tu @ 1 pm ~ Pinochle Th/Su @ 4-5 Zumba Gold (Pioneer Center)		