

October 2016

Lamar Active Life Senior Center 770-358-5361

JOIN US FOR LUNCH AT 11:30am

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<div style="display: flex; justify-content: space-around;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <caption>Sep 2016</caption> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </table> <table border="1" style="border-collapse: collapse; text-align: center;"> <caption>Nov 2016</caption> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </table> </div>						S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				1
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	9:30 AM Bingo 10:30 AM SilverSneakers Yoga 12:15 PM Hand Massages by Katie 1:00 PM Floor Yoga with Kelly \$5	9:00 AM Walking Club 9:30 AM Games 10:30 AM SilverSneakers Classic	9:00 AM Walking Club 9:30 AM Bingo 10:30 AM Sandra's Boutique 10:30 AM SilverSneakers 12:15 PM Penny Pitch	7:45 AM Happy Days Travel Club Trip- Chihuahly Glass Exhibit 9:00 AM Walking Club 9:30 AM Corn Holen' 10:30 AM SilverSneakers Classic	9:30 AM Bingo 10:30 AM SilverSneakers Yoga 1:00 PM Floor Yoga																																																																																					
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	9:30 AM Bingo 10:30 AM SilverSneakers Yoga 12:00 PM Canvas Tree Art Class 1:00 PM Floor Yoga	9:00 AM J.O.Y. Club Trip to Mercier Orchards 10:30 AM SilverSneakers Classic	9:00 AM Walking Club 9:30 AM Bingo 10:30 AM SilverSneakers 12:15 PM Penny Pitch	9:00 AM Walking Club 9:30 AM Devotion 10:30 AM SilverSneakers Classic 12:00 PM Oil Painting Class(1) \$10	9:30 AM Bingo 10:30 AM SilverSneakers Yoga 12:15 PM Birthday Celebration 1:00 PM Floor Yoga																																																																																					
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	9:30 AM Bingo 10:30 AM SilverSneakers Yoga 12:15 PM Scam Alerts and Fraud w/ Shari 1:00 PM Floor Yoga with Kelly \$5	9:00 AM Walking Club 9:30 AM Fall Craft 10:30 AM SilverSneakers Classic 1:00 PM Happy Days Travel Club Meeting	9:00 AM Walking Club 9:30 AM Bingo 10:30 AM SilverSneakers 12:00 PM J.O.Y. Club Meeting	9:00 AM Walking Club 9:30 AM Corn Holen' 10:30 AM SilverSneakers Classic 12:00 PM Oil Painting Class(2)	9:30 AM Bingo 10:30 AM SilverSneakers Yoga 12:00 PM Oil Scrub Class \$10 1:00 PM Floor Yoga																																																																																					
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	9:30 AM Bingo 10:30 AM SilverSneakers Yoga 1:00 PM Floor Yoga with Kelly \$5	9:00 AM Walking Club 9:30 AM Games 10:30 AM SilverSneakers Classic 12:30 PM Line Dancing	9:00 AM Game Day-Costumes 10:30 AM SilverSneakers 12:15 PM Penny Pitch	9:00 AM Walking Club 9:30 AM Devotion 10:30 AM SilverSneakers Classic 12:00 PM Oil Painting Class (3) 5:00 PM PotLuck Bingo	9:30 AM Bingo 10:30 AM SilverSneakers Yoga 1:00 PM Floor Yoga																																																																																					
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