



Paw Paw Senior Center Activities October 2023

Tuesday

Wednesday

Thursday

Events are Subject to Change...

<p style="text-align: right;">3</p> <p>8:30 am-12pm Pickleball 9am-2pm Indoor Walking 9am-3pm Cards 9am- 3pm Mexican Train 9:30am-10:30am Tai Chi 10:30am-11:30 am Yoga 1pm-3pm Yack & Yarnies 12pm-1pm Lunch 9am Fall Prevention Course Sign up Only 12 available spots ... (Free)</p>	<p style="text-align: right;">4</p> <p>8:30 am-10:45am Pickleball 9am-2pm Indoor Walking 9am-3pm Cards 9am-3pm Mexican Train 11am-12pm Cardio Drumming 12pm-1pm Lunch 9am-Sign up for MMAPS Program see Gary</p>	<p style="text-align: right;">5</p> <p>8:30am-12pm Pickleball 9am-2pm Indoor Walking 9am-3pm Mexican Train 10am-2pm Euchre/Bridge 10am-1pm Cards 12pm-1pm Lunch 11am-12pm Line Dancing 1pm-3pm Bingo 9am-1pm Fall Prevention Course in R112/ Only 12 spots</p>
<p style="text-align: right;">10</p> <p>8:30 am-12pm Pickleball 9am-2pm Indoor Walking 9am-3pm Cards 9am- 3pm Mexican Train 9:30am-10:30am Tai Chi 10:30am-11:30 am Yoga 1pm-3pm Yack & Yarnies 12pm-1pm Lunch 11:30am-Oak Street Health</p>	<p style="text-align: right;">11</p> <p style="text-align: center;">One Year Anniversary!!</p> <p>8:30 am-10:45am Pickleball 9am-2pm Indoor Walking 9am-3pm Cards 9am-3pm Mexican Train 11am-12pm Cardio Drumming 12pm-1pm Lunch</p>	<p style="text-align: right;">12</p> <p>8:30am-12pm Pickleball 9am-2pm Indoor Walking 9am-3pm Mexican Train 10am-2pm Euchre/Bridge 10am-1pm Cards 12pm-1pm Lunch 11am-12pm Line Dancing 11:30am Depression in Seniors & Blood Pressure Checks 1pm-3pm Bingo</p>
<p style="text-align: right;">17</p> <p>8:30 am-12pm Pickleball 9am-2pm Indoor Walking 9am-3pm Cards 9am- 3pm Mexican Train 9:30am-10:30am Tai Chi 10:30am-11:30 am Yoga 1pm-3pm Yack & Yarnies 12pm-1pm Lunch 9am-12pm Commodities Entrance "A" 11:30am-Department of Health Services</p>	<p style="text-align: right;">18</p> <p>8:30 am-10:45am Pickleball 9am-2pm Indoor Walking 9am-3pm Cards 9am-3pm Mexican Train 11am-12pm Cardio Drumming 12pm-1pm Lunch 9am-12pm Arts & Crafts \$5.00 9:30am- 2:30pm MMAPS Program in office starts! Note: this every Wednesday thru December 6th</p>	<p style="text-align: right;">19</p> <p>8:30am-12pm Pickleball 9am-2pm Indoor Walking 9am-3pm Mexican Train 10am-2pm Euchre/Bridge 10am-1pm Cards 11am-12pm Line Dancing 12pm-1pm Lunch 1pm-3pm Bingo 6pm-9pm Halloween/Potluck/Social Mixer</p>
<p style="text-align: right;">24</p> <p>8:30 am-12pm Pickleball 9am-2pm Indoor Walking 9am-3pm Cards 9am- 3pm Mexican Train 9:30am-10:30am Tai Chi 10:30am-11:30 am Yoga 1pm-3pm Yack & Yarnies 12pm-1pm Lunch</p>	<p style="text-align: right;">25</p> <p>8:30 am-10:45am Pickleball 9am-2pm Indoor Walking 9am-3pm Cards 9am-3pm Mexican Train 11am-12pm Cardio Drumming 12pm-1pm Lunch 9:30am- 2:30PM MMAPS Program in office</p>	<p style="text-align: right;">26</p> <p>8:30am-12pm Pickleball 9am-2pm Indoor Walking 9am-3pm Mexican Train 10am-2pm Euchre/Bridge 10am-1pm Cards 11am-12pm Line Dancing 12pm-1pm Lunch 1pm-3pm Bingo</p>
<p style="text-align: right;">31</p> <p>Halloween Party (Costume is Optional)</p> <p>8:30 am-12pm Pickleball 9am-2pm Indoor Walking 9am-3pm Cards 9am- 3pm Mexican Train 9:30am-10:30am Tai Chi 10:30am-11:30 am Yoga 1pm-3pm Yack & Yarnies 12pm-1pm Lunch</p>		

