


# OCTOBER 2019 Program

## The Palmer Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:00 – 11:30 <b>White House Decision Center TMB #</b> 9:30 Skillbuilders 12:30 Keno Bingo	<b>2</b> 9-11:30 Chronic Disease Self-Management Workshop# 12:30 Open Jam 12:30-2:30 A Matter of Balance#	<b>3</b> 10:30 Bingo 12:30-2:00 Eating Smart Being Active	<b>4</b>	<b>5</b>
<b>7</b> 10:45 Morning Meditation	<b>8</b> 9:30 Skillbuilders 12:30 5 A Day Bingo	<b>9</b> 9-11:30 Chronic Disease Self-Management Workshop# 12:30-2:30 A Matter of Balance#	<b>10</b> <b>7:30 am Downstream Casino \$#</b> 12:30-2:00 Eating Smart Being Active	<b>11</b> 10:30 Art in You	<b>12</b>
<b>14</b> 10:30 Pop Up Library-MCPL 11:00 Tech Talk- <i>MCPL</i>	<b>15</b> 9:30 Skillbuilders 9:30 Blood Pressure checks <b>10:45 Why should I get the Flu Shot?</b>	<b>16</b> 9-11:30 Chronic Disease Self-Management Workshop# 12:30 Open Jam 12:30-2:30 A Matter of Balance#	<b>17</b> 10:45 Pam’s Potpourri 12:30 White Elephant Bingo 12:30-2:00 Eating Smart Being Active 2:00 Cover to Cover Book Club TMB	<b>18</b> 10:30 Marathon Completion Celebration	<b>19</b>
<b>21</b> 10:45 Morning Meditation	<b>22</b> 9:30 Skillbuilders	<b>23</b> <b>7:00 am Crystal Bridges \$#</b> 9-11:30 Chronic Disease Self-Management Workshop# 12:30-2:30 A Matter of Balance# 1:00-3:00 Afternoon Dance \$4	<b>24</b> 9:30-11:30 Blood Press, Blood Sugars & O2 checks-Sponsored by Nurse Next Door 10-11:30 Legal & Financial Alzheimer’s Planning class 12:30-2:00 Eating Smart Being Active	<b>25</b> 11:30 Birthday Meal	<b>26</b>  <b>Closed for Halloween Festivities</b>
<b>28</b> <b>10:00 – 11:30 Flu Shot Clinic co-sponsored by Hy-Vee \$#</b> <b>10:30 Coloring Your Way</b>	<b>29</b> 9:30 Skillbuilders	<b>30</b> 9-11:30 Chronic Disease Self-Management Workshop# 12:30 Open Jam 12:30-2:30 A Matter of Balance#	<b>31</b> <b>10:30 Halloween Party: Trick or Treat with Star Shine Preschool &amp; How to make Owl sounds</b> 12:30-2:00 Eating Smart Being Active		
Weekly Activities Monday	Weekly Activities Tuesday	Weekly Activities Wednesday	Weekly Activities Thursday	Weekly Activities Friday	Weekly Activities Saturday
8:05 Tai Chi for Arthritis 9:00-9:45 Wake Up Workout \$2 9:00-12:00 Woodcarving Club SC 10:00-10:45 PEPPi 10:00-10:45 SilverSneakers Yoga TMB 11:30 Lunch # 12:05-2:00 Open Line Dance \$2 12:30-2:30 Bare Bones Art 12:30 Game Time! 12:30 Pinochle 1:15-2:00 TRX Flexibility TMB \$3	9:00-9:45 Stretch & Tone \$1 10:00-10:45 SilverSneakers Classic TMB 1:30 Zumba Gold\$ 11:30 Lunch # 12:30 Game Time! <b>12:00- 1:00 Beginner Pickleball \$</b> <b>1:00 – 3:30 Open Play Pickleball \$</b> <b>3:30 – 5:30 Advanced Pickleball \$</b>	9:00-9:45 Wake Up Workout \$2 10:00-10:45 PEPPi 10:45 Tai Chi for Arthritis 11:15 Mid-Week Stretch 11:30 Lunch # 12:00-4:00 Woodcarving Club SC 12:30 Game Time! 1:45-2:30 SilverSneakers Yoga TMB	9:00-9:45 Stretch & Tone \$1 9:00-2:00 Tagilima Crafts 10:00-10:45 – SilverSneakers Classic TMB 11:30 Lunch # 12:30 Game Time! <b>12:00- 1:00 Beginner Pickleball \$</b> <b>1:00 – 3:30 Open Play Pickleball \$</b> <b>3:30 – 5:30 Advanced Pickleball \$</b>	9:00-9:45 Wake Up Workout \$2 10:00-10:45 PEPPi 10:30-11:15 Stitch in Time 11:30 Lunch # 12:05-2:00 Instructed Line Dance \$2 12:30 Game Time!	<b>11:00- 12:00 Beginner Pickleball \$</b> <b>12:00 – 2:00 Open Play Pickleball \$</b> <b>2:00 – 4:45 Advanced Pickleball \$</b>   <b>THE PALMER CENTER</b> INDEPENDENCE PARKS & RECREATION

#=Reservation Required \$= Fee TMB= Truman Memorial Bldg GO= George Owens Park SC= Sermon Center