


October 2022 Program Calendar

The Palmer Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 10:00 Blood Pressure Checks and Monday Motivation and Movement with Cleveland University 12:15 Tech Talk/Pop-Up Library	4 10:00 Tai Chi for Arthritis# 12:30 Hand and Foot 1:00 MARC listening session	5 9:45 Nutrition Site Committee 11:00 Laughter Yoga 12:30 Music with The Palmer Players	6 9:30 Wellness Group with Cleveland OTA Students 10:00 Tai Chi for Arthritis# 10:30 Bingo	7 10:45 Amazing Apples	8
10 10:00 Activity with Cleveland University Monday Motivation and Movement	11 10:00 Tai Chi for Arthritis# 12:15 Are You Ready? 12:30 Hand and Foot 1:30 Campfire at George Owens	12 10:00 Coloring Your Way 12:30 Open Music Jam	13 9:30 Wellness Group with Cleveland OTA Students 10:00 Tai Chi for Arthritis# 10:30 Vet to Vet	14 9 -12 Health and Information Fair 10:30 The Art in You	15
17 10:00 Activity with Cleveland University Monday Motivation and Movement	18 9:30 VNA Blood Pressure Checks 9:30 Healthy Living with Chronic Conditions# 10:00 Tai Chi for Arthritis# 12:30 Hand and Foot 1:00 MARC listening session	19 12:30 Music with The Palmer Players	20 10:00 Tai Chi for Arthritis# 12:30 White Elephant Bingo 2:00 Cover to Cover Book Club	21 12:15 Ice Cream Social	22
24 10:00 Activity with Cleveland University Monday Motivation and Movement	25 9:30 Health Living with Chronic Conditions# 10:00 Tai Chi for Arthritis# 12:15 Are You Ready? 12:30 Hand and Foot	26 10:00 Coloring Your Way 12:30 Open Music Jam	27 10:00 Tai Chi for Arthritis# 10:30 5 a Day Bingo	28 11:30 Birthday Lunch	29
31 10:30 Halloween Party					
9:00-9:45 Wake Up Workout \$3 9:00-11:30 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 \$3 12:30-2:30 Bare Bones Art 12:30 Pinochle	9:00-9:45 Stretch & Tone \$2 11:30 Lunch # 12:00-4:00 Intermediate Bridge TMB \$ 1:30 Zuma Gold TMB \$ 11:30- 1:00 Beginner Pickleball \$ 1:00 – 3:30 Open Play Pickleball \$ 3:30 – 5:00 Advanced Pickleball \$	9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 11:30 Lunch # 12:00-4:00 Woodcarving Club SC 1:45-2:30 SilverSneakers Yoga TMB	9:00-9:45 Stretch & Tone \$2 11:00-11:45 SilverSneakers Classic TMB \$ 11:30 Lunch # 12:30 Pinochle 11:30- 1:00 Beginner Pickleball \$ 1:00 – 3:30 Open Play Pickleball \$ 3:30 – 5:30 Advanced Pickleball \$	9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 10:30-11:15 Stitch in Time 11:30 Lunch # 12:05-2:00 Instructed Line Dance \$3	 THE PALMER CENTER INDEPENDENCE PARKS & RECREATION

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

www.ci.independence.mo.us/parksandrec/palmer