

Monday		Tuesday		Wednesday		Thursday		Friday	
				1		2		3	
				9:30 -12:00 10:00-10:35 11:00-11:50 10:00-12:00 1:00-3:45 12:45-3:45	Lunch Plus Strength & Stretch Ageless Grace Sit & Stitch Mah-Jongg Glenn Cannon Bridge	9:30 -12:00 10:00-10:45 12:30-3:00 1:00-3:00 2:00-3:45	Lunch Plus Vaya Health Talk Super Scrabble Mountain Memoirs Wood Carvers	County Offices Closed	
6		7		8		9		10	
9:00 - 9:45 9:30 -12:00 10:15-11:00 1:00-3:45 1:00 -3:30 1:00-2:30	Chi-Gong Lunch Plus Range of Motion Mah-Jongg Open Art Readers' Theatre	9:00-9:45 9:30-12:00 1:00-3:00 1:00-2:00 1:00-3:00 2:00-2:45 7:00-9:00	Dance Fit Lunch Plus Pumpkin Fest Meeting Tai Chi Card Club BMS Middle School Choir free concert Music Circle at Silvermont	9:30 -12:00 10:00-12:00 2:30 -3:30 1:00-3:45	Lunch Plus Sit & Stitch Mindfulness Meditation Mah-Jongg	9:00-9:45 9:30-11:00 9:30 -12:00 10:00-10:45 11:00-11:45 12:30-3:00 1:00-3:00	Dance Fit Museum Tours Lunch Plus DHHS Talk "For the Blind" Melodic Chair Yoga Super Scrabble Mountain Memoirs	9:30-12:00 11:00-11:30 1:00-3:30 1:30 -3:45	Lunch Plus Strength & Stretch Museum Tours Mtn. Laurel Investment
13		14		15		16		17	
9:00 - 9:45 9:30 -12:00 10:15-11:00 1:00-3:45 1:00 -3:30 1:00-2:30	Chi-Gong Lunch Plus Range of Motion Mah-Jongg Open Art Readers' Theatre	9:00-9:45 9:30-12:00 1:00-2:00 1:00-3:00 7:00-9:00	Dance Fit Lunch Plus Tai Chi Card Club Music Circle at Silvermont	9:30 -12:00 10:00-10:45 11:00-11:50 10:00-12:00 1:00-3:45 12:45-3:45	Lunch Plus WCCA "Food Allergies" Ageless Grace Sit & Stitch Mah-Jongg Glenn Cannon Bridge	9:00-9:45 9:30-11:00 9:30 -12:00 11:00-11:45 12:30-3:00 1:00-3:00 2:00-3:45	Dance Fit Museum Tours Lunch Plus Melodic Chair Yoga Super Scrabble Mountain Memoirs Wood Carvers	9:30-12:00 11:00-11:30 10:00-10:30 1:00-3:30	Lunch Plus Strength & Stretch Stride for your Health Museum Tours
20		21		22		23		24	
9:00 - 9:45 9:30 -12:00 10:15-11:00 1:00-3:45 1:00 -3:30 1:00-2:30	Chi-Gong Lunch Plus Range of Motion Mah-Jongg Open Art Readers' Theatre	9:00-9:45 9:30-12:00 1:00-2 :00 1:00-3:00 1:00-3:00 7:00-9:00	Dance Fit Lunch Plus Tai Chi Card Club Friends' Meeting Music Circle at Silvermont	9:30 -12:00 10:00-12:00 11:00-11:50 1:00-3:45	Lunch Plus Sit & Stitch Ageless Grace Mah-Jongg	9:00-9:45 9:30 -12:00 9:30-11:00 9:45 -10:30 10:00-10:45 11:00-11:45 12:30-3:00 1:00-3:00	Dance Fit Lunch Plus Museum Tours Blue Ridge Health Free blood pressure screenings AARP Decluttering Talk Melodic Chair Yoga Super Scrabble Mountain Memoirs	9:30- 12:00 11:00 -11:30 1:00-3:30	Lunch Plus Strength & Stretch Museum Tours
27		28		29		30			
9:00 - 9:45 9:30 -12:00 10:15 -11:00 1:00-3:45 1:00 -3:30 1:00 -2:30	Chi-Gong Lunch Plus Range of Motion Mah-Jongg Open Art Readers' Theatre	9:00-9:45 9:30-12:00 1:00-2 :00 1:00-3:00 7:00-9:00	Dance Fit Lunch Plus Tai Chi Card Club Music Circle at Silvermont	9:30 -12:00 10:00 -10:35 11:00-11:50 10:00-12:00 1:00-3:45	Lunch Plus Strength & Stretch Ageless Grace Sit & Stitch Mah-Jongg	9:00-9:45 9:30 -12:00 9:30-11:00 10:00-10:45 11:00-11:45 12:30-3:00 1:00-3:00 2:00-3:45	Dance Fit Lunch Plus Museum Tours BMS Middle School Choir Melodic Chair Yoga Super Scrabble Mountain Memoirs Wood Carvers		