

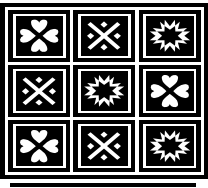



# October 2009

**CORRYTON SENIOR CENTER**

*50+ Facility for Active Seniors*

**688-5882**

Mon	Tue	Wed	Thu	Fri
<p><b><i>QUILT MONTH AT THE SENIOR CENTER!!!</i></b></p>			<p>1 8:45 Cardio 3 9:00 Billiards 10:00 Sit n' Be Fit 1:00 Quilting 1:00 Pinochle 6:45 Body Works @ CCC</p>	<p>2 9:00 Billiards</p>
<p>5 8:45 Cardio 3 9:00 Billiards 10:00 Sit N' Be Fit 1:00 Quilting 6:30 Body Works @ CCC</p>	<p>6 9:00-12:00 Covenant Health Flu Shots 9:00 Billiards 1:00 Pinochle 1:00 Ball Room Dance</p>	<p>7 8:45 Body Sculpting 9:00 Billiards 10:00 Dominos 1:00 Art Class</p>	<p>8 8:45 Cardio 3 9:00 Billiards 10:00 Sit N' Be Fit 1:00 Quilting 1:00 Pinochle 6:45 Body Works @ CCC</p>	<p>9 9:00 Billiards 10:00 Book Club</p>
<p>12 8:45 Cardio 3 9:00 Billiards 10:00 Sit N' Be Fit 1:00 Quilting 6:30 Body Works @ CCC</p>	<p>13 9:00 Billiards 10:30 Super Seniors, Dave McCoy from Covenant Health 1:00 Pinochle 1:00 Ballroom Dance</p>	<p>14 8:45 Body Sculpting 9:00 Billiards 10:00 Dominos 1:00 Art Class</p>	<p>15 8:45 Cardio 3 10:00 Sit N' Be Fit 1:00 Quilting 1:00 Pinochle 2:30 Toenail Trimming 6:45 Body Works @ CCC</p>	<p>16 9:00 Billiards 1:00 Computer Class with Curt</p>
<p>19 8:45 Cardio 3 9:00 Billiards 10:00 Sit N' Be Fit 1:00 Quilting 6:30 Body Works @ CCC</p>	<p>20 9:00 Billiards 1:00 Pinochle 1:00 Ballroom Dance</p>	<p>21 8:45 Body Sculpting 9:00 Billiards 10:00 Dominos 1:00 Art Class</p>	<p>22 8:45 Cardio 3 9:00 Billiards 10:00 Sit N' Be Fit 1:00 Quilting 1:00 Pinochle 6:45 Body Works @ CCC</p>	<p>23 9:00 Billiards 9:30 Trip to Apple Valley in Cosby (registration required)</p>
<p>26 8:45 Cardio 3 9:00 Billiards 10:00 Sit N' Be Fit 1:00 Quilting 6:30 Body Works @ CCC</p>	<p>27 9:00 Billiards 1:00 Pinochle 1:00 Ballroom Dance</p>	<p>28 8:45 Body Sculpting 9:00 Billiards 10:00 Halloween Party Dominos 1:00 Art Class</p> 	<p>29 8:45 Cardio 3 9:00 Billiards 10:00 Sit N' Be Fit 1:00 Quilting 1:00 Pinochle 6:45 Body Works @ CCC</p>	<p>30 9:00 Billiards</p>