




**WEEKLY ACTIVITIES**

Mon., Oct. 4: 10:00 a.m. - Tai Chi   

2:00 p.m. - Fall Fingernail Fun!

Tues., Oct. 5: 10:00 a.m. - Weights

2:00 p.m. - Set Up & Decorate Tree House Tree

Wed., Oct. 6: 10:00 a.m. - Chair Yoga

2:00 p.m. - Art with Mary

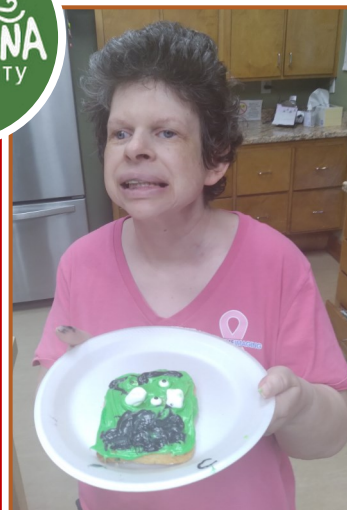
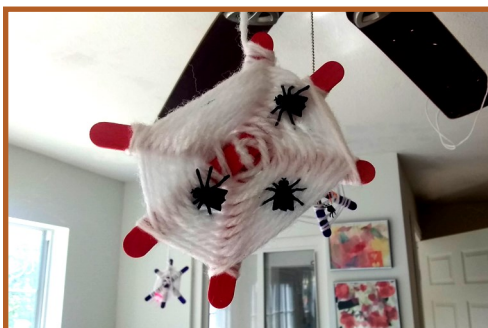
Thu., Oct. 7: 10:00 a.m. - Low Impact Exercise

2:00 p.m. - Cooking with Beth

After Dinner Dominoes

Frid., Oct. 8: 10:00 a.m. - Walk-a-Mile!

2:00 p.m. - Cider and Karaoke

**Making Not-So-Creepy Rocks, Spiderwebs & Cookies****Celebrating National Coffee Day @ Starbucks!****Learning Tai Chi: Tai Chi is a physical yet slow and graceful form of exercise and stretching. In English, it means, "The Supreme Ultimate."****Our "Happy Little Trees" ... Bob Ross would be proud!**