


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>October 2021</p>	<p>Advanced registration is required for all programs. Register at least two business days in advance. It allows us to determine if we have enough participants to run the class and time to prepare.</p>			<p>1</p> <p>American Mah Jongg (2 sessions) 9-11 am, Bldg 2, Rm 204 Beginning Line Dance (5 sessions) 9:30 am, Bldg 2, Rm 205 Improvers Line Dance (5 sessions) 10:30 am, Bldg 2, Rm 205</p> <p>Basics of Zoom 1-2 pm, Bldg 3, Rm 301</p>
4	5	6	7	8
<p>Art & Science of Successful Aging: Longevity, 10 am-Noon, Bldg 2, Rm 204</p>	<p>Fitness Trek: Hearing & Your Brain A Critical Connection 8:30-10 am, Amelita Mirolo Barn</p> <p>Watercolor Workshop (4 sessions) 1-3 pm, Bldg 1, Rm 105</p> <p>A Matter of Balance Seminar (8 sessions) 2-4 pm, Bldg 2, Café UA</p>	<p>Staying Well Nutrition: The Future of Meat 10 am, Bldg 1, Rm 104</p>	<p>Thursday Line Dance (4 sessions) 10 am, Bldg 2, Rm 205</p> <p>Music Mini-Chat: Basic Music Improvisation Discussion, Noon, Zoom</p>	<p>50+ Connections 1 pm, Zoom</p>
11	12	13	14	15
<p>Art & Science of Successful Aging: Brain Development 10 am-Noon, Bldg 2, Rm 204</p> <p>iPhone: Basics & Buttons 1-3 pm, Bldg 3, Rm 301</p> <p>Guided Forest Therapy 1-2:30 pm, location tba</p>	<p>Introduction to Happiness Series 10 am-Noon, Bldg 1, Rm 104 (3 sessions)</p>	<p>Book Club: <i>Maybe You Should Talk To Someone</i> by Lori Gottlieb 10 am, Bldg 1, Rm 104</p>		<p>Rock & Roll Halloween Piano Recital 11:45 am, Bldg 2, Café UA</p>
18	19	20	21	22
<p>Art & Science of Successful Aging: Personality Development 10 am-Noon, Bldg 2, Rm 204</p> <p>iPhone: Phone App 1-3 pm, Bldg 3, Rm 301</p> <p>Cozy Mystery Book Club 2:15 pm, Bldg 2, Café UA</p>		<p>Bingo 10 am, Bldg 2, Rm 204</p> <p>Tap Dance (6 sessions) Beginners: 1:30 pm; Experienced: 12:30 pm Bldg 2, Rm 205</p>	<p>Music Mini-Chat: The Columbus Jazz Scene & Its Relationship Noon, Zoom</p> <p>Movie Club: <i>Little Women</i> (2019) PG, 134 min Noon-2 pm, Bldg 2, Rm 204</p> <p>Mindful Mandala Doodle Workshop 1-4 pm, Bldg 1, Rm 105</p>	<p>50+ Connections 1 pm, Bldg 1, Rm 104</p>
25	26	27	28	29
<p>Art & Science of Successful Aging: Social Relations 10 am-Noon, Bldg 2, Rm 204</p> <p>In the Beginning History Series II 10-11 am, Bldg 1, Rm 104 (6 sessions)</p>	<p>See reverse side for our daily ongoing activities and programs. Be sure to register in advance for your program. Low and late registration can make or break whether or not an activity or program runs.</p>	<p>Zumba Gold® (6 sessions) 10-10:45 am, Bldg 2, Rm 205 How to Make a Photo Book with Shutterfly®</p> <p>Read/Watch/Listen: Library E-Resources 10-11 am, Bldg 3, Rm 301 Log Cabin Quilted Square 1-4 pm, Bldg 1, Rm 105 Pilates Fusion (6 sessions) 4 pm, Bldg 1, Rm 102</p>		<p>The Counties Nearby (6 sessions) 10-11 am, Zoom</p>