

MONONA SENIOR CENTER CALENDAR • OCTOBER 2020

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| <h1>October</h1> | | | 1 10:00 Zoom Chair Yoga 10:00 NewBridge 1:00 Foot Care Clinic | 2 12:00 <i>Rocky Mountain Travels with Kirsti Pope</i>  |
| 5 11:00 Zoom Tai Chi 12:00 Reflexology  | 6 9:30 Target Trip 10:00 Mindful Movement Zoom Exercise 1:00 Flu Shot Clinic | 7 10:00 Zoom Coffee & Conversation 12:20 Foot Care Clinic 1:00 Brain Enrichment Class | 8 10:00 Zoom Chair Yoga 10:00 Crafters Unite 12:00 Stamp Camp <u>or</u> 2:30 Stamp Camp | 9 10:00 Scholarly Scoop |
| 12 8:30-9:30 Quilters <u>or</u> 10:00-11:00 Quilters 11:00 Zoom Tai Chi 1:00 How to Zoom | 13 9:30 Woodman's 10:00 Mindful Movement Zoom Exercise 1:00 Dan's Zoom Open Lab | 14 10:00 Zoom Coffee & Conversation 10:00 Veterans Group 1:00 Brain Enrichment Class | 15 9:00 Reflexology 10:00 Zoom Chair Yoga  | 16 10:00 Movie |
| 19 11:00 Zoom Tai Chi 12:00 Adult Coloring | 20 10:00 Mindful Movement Zoom Exercise | 21 9:30 Foot Care Clinic 10:00 Zoom Coffee & Conversation <i>12:00 Monona Knit 'N Stitch Tailgate</i> 1:00 Brain Enrichment Class | 22 10:00 Zoom Chair Yoga 10:00 Crafters Unite | 23 11:00 Low Vision |
| 26 11:00 Zoom Tai Chi  | 27 10:00 Mindful Movement Zoom Exercise 1:00 Dan's Zoom Open Lab 1:00 Flu Shot Clinic | 28 8:00 Chair Massage 10:00 Zoom Coffee & Conversation 12:00 D. Foot Clinic 1:00 Brain Enrichment Class | 29 10:00 Zoom Chair Yoga | 30  |

Italics denotes offsite events