

LED BY NANCY HEBERT

FALL WELLNESS

CONNECT TO OTHERS

CONNECT TO NATURE

JUMP IN A LAKE

CONNECT TO SELF

Maplelag Resort
OCTOBER 2-4, 2026

SHE ASCENDS

DETROIT LAKES REGIONAL CHAMBER OF COMMERCE

LEAGUE OF WOMEN VOTERS DETROIT LAKES

COFFEE + COMMUNITY

COME CURIOUS, LEAVE CONNECTED

Homelessness may not always be visible in our community - but its impact is felt across our schools, workplaces, healthcare system, public services, and local economy. Join us for Coffee & Community as local experts help us better understand what homelessness looks like in Becker County, the challenges facing individuals and families, and why this issue matters to our businesses and our community's future.

HOMELESSNESS IN OUR COMMUNITY
October 7, 2026
8:00 - 9:00 AM
BECKER COUNTY MUSEUM EVENT HALL

OUR OCTOBER PANEL SPEAKERS:

- Meagan Hernandez, MAHUBE-OTWA
- Sara Peterson, First Lutheran Church
- Ally Hefta, Detroit Lakes High School

EVENT HIGHLIGHTS:

- Expert panel sharing valuable insights
- Coffee & assorted pastries
- Connecting with community members

RSVP FOR FREE HERE!

Or visit
DetroitLakesChamber.com

Sponsored by the Lake Region Builders Association.

LRBA
LAKE REGION BUILDERS ASSOCIATION

THE FABULOUS ARMADILLOS PRESENT

WHAT'S GOING ON?

SONGS FROM THE VIETNAM WAR ERA

A LIVE CONCERT EXPERIENCE

HISTORIC HOLMES THEATRE

DLCCC.org • 218-844-7469

Saturday, Oct. 17
Adults \$39 • Students \$21

CREATIVE MOVIE & CRAFT SERIES

PRACTICAL MAGIC
Wednesday, October 28, 6:30pm

The Historic Holmes Theatre will be hosting 4 Movie and Craft nights for the 26-27 season! Come watch some of our favorite comfort movies in the theatre with refreshments and a fun craft to get your creative juices flowing. Purchase a craft from us, or bring your own non-messy craft.

This casual movie experience is a great way to come together and have some fun.

Movie ticket \$5/Crafts \$5 each

HISTORIC HOLMES THEATRE

Movie & Craft Nights

Practical Magic
Wednesday, October 28, 6:30pm

Love Actually
Wednesday, December 2, 6:30pm

Little Women (2019)
Wednesday, January 27, 6:30pm

Pride & Prejudice
Wednesday, March 24, 6:30pm

SWING DANCE

HISTORIC HOLMES THEATRE

Friday, OCTOBER 30, 2026

7:00-9:00 p.m.
DESSERT & DANCE
Introduced by Sapphire

FREE ADMISSION!

DESSERTS & BEVERAGES FOR A FEE

Lindy of the North will provide FREE dance lessons from 7:00-7:30

more info at: BEACHFRONTBIGBAND.COM



October 2026

October is here with seasonal changes like crisp fall days, colorful leaves, and plenty of opportunities to learn, create, play, and connect at **Engage**! We've packed this month with a little something for everyone; from **festive Halloween fun** and **nostalgic trivia** to creative **classes**, interesting **presentations**, and opportunities to simply enjoy time together!

Get into the Halloween spirit with our **Head Start costume parade** and annual **Engage Halloween Party**. We'll also celebrate the season with a FREE matinee of the original **Ghostbusters**, because sometimes a little goofy ghost-busting is exactly what October calls for!

For those who love to learn, we have some great conversations coming your way. Explore the history of the **Cuban Missile Crisis**, hear the latest about **Becker County and Bison**

Football's new era, and get helpful information about **Medicare changes** coming in 2027 with Brendan Flynn from Blue Cross Blue Shield.

And, of course, there's plenty of creativity! Try your hand at **watercolor Halloween greeting cards**, discover the benefits of **foam rolling** with Nancy, or check out our **local library** for several creative and cool classes!

Whether you're looking to learn something new, make something beautiful, revisit a favorite memory, or simply spend time with good people, we hope you'll find something that makes you want to get out and enjoy October with us!

♥♥♥ **Teri Holehouse**

Event Sign-up:

Ready to sign up for one of our exciting events? We've made it easy!

- **Stop by the DLCCC** and sign up at the Engage table.
- **Call the front desk** at (218) 844-4221 and ask to be added to the sign-up list.
- **Email Teri** with your name and the event you'd like to attend, and she'll take care of the rest.

If you have any questions, feel free to reach out during office hours for assistance. You can also reach Teri on her cell phone (701-351-0242)



(218) 844 4591



teri@dlccc.org



dlccc.org/engage

Engage in Being Active

All participants in fitness classes must either have an **active membership** or purchase a **day pass**. Day passes can be easily obtained at the DLCCC front desk prior to class.

Group Outdoor Walks/Hikes

Oak Grove Cemetery Walk
Mondays @ 8:30am
ending 10/12/2026

515 US-59
Detroit Lakes, MN

Trail Hiking Mountain View
Tuesdays @ 1:00pm

30199 Tower Rd,
Detroit Lakes, MN

Sign in on-site if you participated.

Walk the Track

Mondays @ 8:30am starting 10/19

Start your week with some light exercise and friendly conversation! Join friends for a walk on the upstairs track at the Center.

Group Bike Ride

Wednesdays @ 8:30am

Notice TIME CHANGE
weather permitting

Last ride of the season: 10/14/2026

Meet at the DLCCC front desk for a 1-2 hour, **intermediate-level** bike ride led by Teri. Expect 15–20 miles of heart-pumping fun for your legs and lungs. We would love to run this class as long as the season allows, and hope to get two more rides in this month!

Sign Up on the **DLCCC website** under **classes**

Pop-up Kayaking

We hope to get a couple more paddles out on the lake this season. Weather Permitting. Keep an eye out on our **Facebook** page/group for any pop-up kayak outings in October!
Life jackets are mandatory.

Sign Up at the **Engage Table**

Silver Sneakers Chair Yoga

Mondays & Fridays - 11:10am

This chair yoga class is designed to improve flexibility, strength, and balance, all while sitting in your chair!
Sign Up on the **DLCCC website** under **classes**

S.E.A.T Class

Tuesdays @ 10:30am

Supported Exercise for Ageless Training

This class builds strength, balance, and flexibility, through functional movements.

Sign Up on the **DLCCC website** under **classes**

Silver Sneakers Balance

Wednesdays @ 9:30am

This class is designed to enhance balance, core strength, and joint stability. Participants will practice controlled movements that challenge coordination and improve reaction time.

Sign Up on the **DLCCC website** under **classes**

Silver Sneakers Classic

Thursdays @ 10:30am

This class uses hand weights, elastics, & a chair to support an effective workout for everyday living.

Sign Up on the **DLCCC website** under **classes**

Swim Aerobics

Rockin' to the Oldies

Fridays - NEW TIME — 8:30am

Meet at the DLCCC pool for this fun fitness class! We will work all muscle groups, but also be easy on our joints working out in the water.

Sign Up on the **DLCCC website** under **classes**

Julie's Corner

How Medications Can Affect Your Balance

Have you ever felt dizzy or unsteady after taking medications? You're not alone. Many prescription and over-the-counter medications can affect your balance and increase your risk of falling, especially as we get older. As we age, our bodies process medications differently. Medicines may stay in our system longer, and taking multiple medications at the same time can increase the chance of side effects.

Medications that Commonly Affect Balance:	What You Can Do:
- Sleep Aids - Anti-Anxiety Medications - Antidepressants - Blood Pressure Medications - Pain Medications (<i>opioids</i>) - Some Allergy Medications - Muscle Relaxers	- Review your medications regularly with your doctor or pharmacist. - Never stop taking prescribed medication without talking to your healthcare provider. - Take medications exactly as directed. - Stand up slowly after sitting or lying down. “Stabilize before mobilizing” (My famous words you hear from me often). - Use handrails and assistive devices if you feel unsteady. - Stay hydrated, as dehydration can worsen dizziness. - Report any new dizziness, fall, or balance problems to your healthcare provider promptly. - Take the Balance class at the DLCCC to help you with your balance. 😊

Even one medication can affect your balance, but the risk increases when several medications are taken together. By staying informed and working with your healthcare team, you can reduce your risk of falls and continue to stay active and independent.

Apple Cinnamon Yogurt Parfait (1 serving)		
1 c. plain or Vanilla Greek Yogurt	½ Apple, diced	1 tsp. Honey or Maple Syrup
½ tsp. Ground Cinnamon	1 Tbsp. Chopped Pecans	1 Tbsp. Granola



Wash and dice the apple into bite-sized pieces. Sauté the diced apples in a small skillet. Add cinnamon to the apples. Cook for about 5 minutes, or until apples are soft. Let them cool slightly before adding them to the yogurt. Drizzle with honey or Maple syrup. Top with chopped pecans and granola.

Engage in More

Passport: Croatia

Speakers: Ann & Peter Jacobson
Tuesday, October 6 @ 10:00am



Sign Up at the **Front Desk**

DLCCC Members **\$4** Non-Members **\$6**

Peter and Ann Jacobson will share photos and stories from their biking and boating experience this past spring on the **Adriatic Sea** and the islands of **Croatia**. During this trip Peter planned to teach the Croatians how to play Cribbage and make Lefse but he forgot his Lefse stick and Cribbage board.

Radugem Se Tome (Looking forward to being with you)

- Peter & Ann

Intro to Guitar

Instructor: Jerry Short

Wednesday, October 7 @ 10:00am

Always wanted to play guitar, but not sure if you can? Attend my **introduction to guitar class** and get a first hand look at what's involved!

You will probably surprise yourself!

No reading music, and no boring scales to learn. My goal is to get you playing the guitar and having fun doing it! **No guitar? No problem! We have one available!**

We would love to see you there!

Sign Up at the **Engage Table**

Senior Strummers Guitar Lessons

*** Every Thursday ***

It's never too late to learn something new, like how to play guitar! The **Senior Strummers** program continues to grow and are now holding classes off-site. Times based on skill level. Lessons are free, with just a small membership fee. Come strum along with us, we'd love to have you!

Also, check out **Songwriters' Guild** every second Thursday of the month @ 2:30pm!

- **Class 1 - 9:00 am**
- **Class 2 - 10:00 am**
- **Class 3 - 11:30 am**
- **Class 4 - 1:15 pm**

Want more information on class placement? Reach out to Jerry today!
seniorstrummers@yahoo.com
218-849-2041

Foam Rolling Recovery

Instructor: Nancy Hebert

Monday, October 12 @ 12:30pm

Discover the benefits of **foam rolling** with Nancy! Learn a few **easy movements** that can help loosen tight muscles, increase mobility, and ease pain. If you have a foam roller, bring it along.

There will also be rollers available to borrow.

Dress in comfortable, loose-fitting clothing and get ready to roll! Plus, stick around for a

fun door prize drawing!

Sign Up at the **Engage Table**

Pressed Flower Bookmarks

Whimsical Wednesdays

Wednesday, October 14 @ 2:00pm

Let your creativity bloom with a whimsy-inspired craft! Create beautiful, one-of-a-kind **pressed flower bookmarks** using delicate flowers and natural elements to bring a little charm to your favorite books. If you're looking for a relaxing and creative way to spend some time, this is the perfect opportunity to slow down, get crafty, and make something lovely to take home.

This Event Takes Place at the Detroit Lakes Public Library



Engage in Learning

Prepare for Medicare 2027

Speaker: Brendan Flynn BCBS
Monday, October 5 @ 12:30pm

Brendan Flynn from **Blue Cross Blue Shield** is back at Engage to discuss what's changing, answer your questions, and help you better understand your Medicare options.

Join us for a straightforward conversation that can help you make informed decisions about your coverage in 2027.

Sign Up at the **Engage Table**

Garden Talks:

Pumpkins, Gourds, & Squash

Speaker: Linda Perrine

Tuesday, October 6 @ 12:00pm

Get into the spirit of the season with U of M Extension Becker County Master Gardener Linda Perrine! Discover the nutritional benefits and varieties of pumpkins, gourds, and squash, along with fun ideas for decorating with these seasonal favorites.

This Event Takes Place at the Detroit Lakes Public Library



From Becker County to Bison Football: What's New?

Speaker: Phil Hansen

Wednesday, October 14 @ 10:30am

Get the latest about **Becker County** and catch up on the exciting new era of **Bison Football! County Commissioner Phil Hansen** will share local updates and information, along with a look at the Bison's historic move to the Football Bowl Subdivision and their first season as a member of the Mountain West Conference.

Come hear what's happening in our community, and on the football field!

Sign Up at the **Engage Table**

Osteoporosis 101

Speaker: Trisa Meyer

Thursday, October 15 @ 10:00am

Learn more about **osteoporosis** and discover practical ways to build and maintain **stronger, healthier bones**. This informative workshop will cover steps you can take to support bone health, reduce your risk of fractures, and navigate the challenges that can come with osteoporosis.

Sign Up at the **Engage Table**

Cuban Missile Crisis

Speaker: Steve Carlson

Thursday, October 22 @ 10:00am

The **Cuban Missile Crisis** was a 13-day confrontation in October 1962 between the United States and the Soviet Union over the Soviet deployment of nuclear missiles in Cuba. In this presentation, **Steve Carlson** will describe how the crisis unfolded and how effective crisis management by President John F. Kennedy and his advisors helped avoid a full-scale nuclear war and ultimately led to the removal of the missiles.

Sign Up at the **Engage Table**

Breast Cancer Awareness

Becker County Public Health



Thursday, October 8 @ 10:00am

Don't miss this important discussion on **breast cancer awareness!** Hear from Dr. Benita Behm, a knowledgeable **family medicine doctor**, as well as the dedicated **mammography team**, and **public health experts**. Plus, enjoy some **great giveaways!**

Join us to learn, share, and connect with professionals in the field.

Sign Up at the **Engage Table**

Engage in the Season



Trick or Treat TRIVIA Monday, October 19 @ 12:30pm

Put your knowledge to the test with an hour of themed trivia!
Come ready for fun, multiple-choice questions, and lots of chances to win prizes!

This month features four spook-tacular rounds:

1. Perfect 10! 
2. Bewitching Brain Teasers 
3. I Want Candy 
4. Halloween in Hollywood 

Sign Up at the **Engage Table**
or sign in if you participate.
\$1 for an hour of trivia!



Halloween Party Potluck Thursday, October 29 @ 10:30am

Get ready for a fun-filled day as we host **trick-or-treating** for **28 Head Start kiddos** (ages infant - 3 yrs old).

Bring along some candy, put on a costume (nothing too scary, please), and enjoy watching the kids in their adorable costume parade through the HAC. We'll have plenty of little trick-or-treaters ready to fill their buckets, so come prepared for some extra cuteness!

After the parade, it's time for our annual **Engage Halloween Party!** Bring a festive dish to share and join us for some spook-tacular games, delicious food, and lots of fun!

Sign Up at the **Engage Table**

Rustic Pumpkin Centerpiece

Jump Into A New Hobby

Saturday, October 10 @ 3:00pm

Try out a new hobby at your local library!
Join Brenda as she teaches you to create a **FREE Rustic Pumpkin Centerpiece**.
Registration required - call the Detroit Lakes Public Library @ (218) 847-2168 to secure your spot!

This Event Takes Place at the Detroit Lakes Public Library



Halloween Watercolor Cards

Artist: Maggie Peterson

Tuesday, October 13 @ 10:00am

Get into the spooky spirit with a watercolor creativity at the Holmes Art Studio! Create **three charming pumpkin greeting cards** while following step-by-step guidance from our teaching artist, Maggie, as she introduces a of watercolor techniques. All materials are provided, just bring your creativity and your seasonal spirit! 

Sign Up at the **Front Desk**
DLCCC Members **\$6** Non-Members **\$10**

Boo Bunco

Tuesday, October 27 @ 10:00am

Get ready to roll the dice. Bunco is quick to learn and always full of fun! We'll need **at least 12 players** (we play in groups of four), so invite some friends and sign up soon!

There's no cost to play!
Bring **a treat to share** and join us as we play **BOO BUNCO!**

Sign Up at the **Engage Table**

Engage in Playing Games

Hand & Foot - Mondays @ 10:15am

This fast-paced and team oriented game is always a huge hit! Stick around after C&C in the HAC to learn and play!

Cribbage - Tuesdays @ 1:00pm

Cribbage is back! Join us at the HAC on Tuesdays for this fun game with friends!

BINGO - Wednesdays @ 12:00pm

Join us for BINGO in the HAC!

We use our cool screen to project the numbers, making it easy and fun for everyone. With several prizes up for grabs, you could be one of our lucky winners!

Bingo will be held at 12:30pm on the week of Birthday Lunch.

Cost is \$1/card for an hour of play!

Hand & Foot Doubles Tournament Thursday, October 1 @ 9:30am

Engage is hosting the 2nd annual **Hand & Foot Doubles Tournament!** Grab a partner and join us for a fun-filled day of cards.

Teams will play four rounds, with scores tracked throughout the day. Tables will rotate based on scores, and at the end of play, the highest-scoring team will be crowned the

Doubles Hand & Foot Champions!

- **Sign up with a partner** – limit 16 teams
- **No entry fee**
- **Deadline to register:** Friday, Sept. 25
- **Bring a treat to share** (no lunch break will be provided)

Register today and secure your spot!

Samba - Wednesdays @ 1:15pm

This game popular card game is an exciting variation of Canasta and belongs to the Rummy family.
Samba will be held at 1:30pm on the week of Birthday Lunch

Swoop Thursdays @ 11:30am

Stop by the HAC to learn this easy, fun and interactive game—it's a great way to connect with others.

Mahjong - Thursdays @ 1:00pm

This is another game on the calendar every week! Come down to the HAC on Thursday afternoons to play.
The Holmes Art Cellar has quite a few Mahjong sets, so all you do is show up and play!

Bridge Fridays @ 1:00pm

This group is just getting started!
If anyone is a "Bridge Wiz" we'd love to offer some lessons too! Connect with Teri if you are interested!

CARD DUMP Thursday, October 29 @ 12:30pm

Come and give Card Dump a try!
It's a fan favorite and is always better with a large group.

To play, bring **9 quarters** and a **\$1 bill**.
Each round features a pot for the winner, so the excitement builds as you play through each round to see who comes out on top.
Win or lose, you're sure to enjoy a game filled with good fun!

Sign Up at the **Engage Table**

Engage in Having Fun!

October Birthday Lunch

Wednesday, October 21 @ 11:00am

Enjoy a delicious meal with friends at



158 W Main St.
Vergas, MN

Questions? Contact: **Gretchen Walther @ 218-841-8192**

Come join us to celebrate *October* birthdays!

Sign Up at the **Engage Table**

TOUR: Woodfire Pizza

Thursday, October 8 @ 1:00pm

Get ready for a fun behind-the-scenes tour of the new brick-and-mortar **Woodfire Pizza** in Detroit Lakes! We'll explore how they began with a food truck and grew into a full restaurant. We'll tour the new space, hear their story, and learn about their menu and catering options.

811 8th St SE
Detroit Lakes, MN

Space is limited to 20 participants.

Your **\$5 cover fee** includes **samples of two different pizza slices** so you can experience their signature flavors.

Sign Up at the **Front Desk**

Early Bird Dinner

Wednesday, October 7 @ 4:45

Come eat a tasty meal with your friends!

Questions? Contact: **Dee Cahlin @ 218-790-6251**



Bring \$1 and enter our raffle for a chance to get money off your meal!

30389 Co Hwy 35
Ponsford, MN

Sign Up at the **Engage Table**

TOUR: Flyers Gymnastics

Tuesday, October 20 @ 10:00am

Join us for a special tour of **Minnesota Flyers Gymnastics** in Detroit Lakes. Come see their **brand-new renovated facility**, explore the equipment firsthand, and learn about the amazing programs they offer for young athletes! We will also have the opportunity to view a **FlyTime** session, a program designed for individuals with special needs.

1306 Rossman Ave
Detroit Lakes, MN

Sign Up at the **Engage Table**

Movie Matinee: Ghostbusters (1984)

Wednesday, October 28 @ 10:00am

Celebrate the season with a FREE movie matinee featuring the original 1984 classic, **Ghostbusters**! Come enjoy this goofy, fun-filled sci-fi comedy and see the crew take on New York City's supernatural mayhem. Refreshments will be available for a free-will donation. Grab a seat, bring a friend, and get ready for some ghostly good fun! 🎃

Sign Up at the **Engage Table**



Engage in Being Social

Coffee & Conversation (C&C)

Mondays - 9:30am - 10:15am

The best way to start the week!

Drop by Monday mornings at HAC for coffee, treats, and the latest updates on upcoming events.

Curious of what Engage is up to throughout the week? Come and hear the weekly announcements!

Wear **PINK** on **Monday, October 19** for **Breast Cancer Awareness Month** and be entered to win a **special doorprize!**



Sign in at the HAC if you participated

Ghost Hunting 101

Midwest Paranormal Files

Friday, October 23 @ 6:00pm

Learn about local legends, cryptids, and folklore from the **Midwest Paranormal Files experts**, who have been investigating the paranormal since 2010.

This Event Takes Place at the Detroit Lakes Public Library



Modern Storytelling

Speaker: Erika Gilsdorf

Tuesday, October 27 @ 2:00pm

Join Erika Gilsdorf as she discusses the various storytelling tools she has utilized over the years. This event is sponsored by the Detroit Lakes Library Club.

This Event Takes Place at the Detroit Lakes Public Library



Wood Carving

Tuesdays - 12:30pm

Is wood carving a passion of yours? Maybe you're looking to try a new hobby?

The DLCCC wood carvers continue to meet in the HAC every Tuesday at 12:30pm. Join in any week to work alongside other talented carvers.

This is a great social opportunity, especially if you're looking for others to share a creative insight!

Sign in at the HAC if you participate

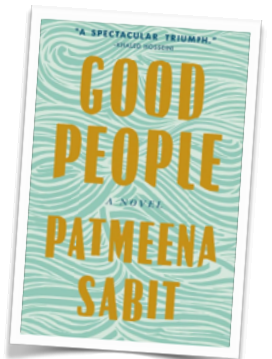
Book Club

The last ***Monday*** of the month
@ 1:00pm

We meet at the **HAC reading nook.**

Last month we read and discussed the book *Theo of Golden* by Allen Levi.

This month, we will be enjoying the literary crime novel *Good People* by Patmeena Sabit. The story concerns the events leading up to and following the death of Afghan American teenager Zorah Sharaf, whose story is told by a multitude of voices, including neighbors, school friends, and journalists try to solve her untimely death.



Last Read of the Year:

November 30: *Culpability* By: Bruce Holsinger

Sign-in at the HAC if you participate

October 2026



Please note that some activities require pre-registration or a fee.

MON	TUES	WED	THURS	FRI
			1 9:30 Hand & Foot DOUBLES Tournament 11:30 Swoop 1:00 Mahjong Tile Game <i>Guitar Lessons</i>	2 8:30 Swim Aerobics Rockin' to the Oldies 11:10 Chair Yoga Fitness Studio 1:00 Bridge <i>Fall Wellness Retreat (Oct 2-4) She Ascends</i>
5 8:30 Walk at Oak Grove 9:30 Coffee & Conversation (C&C) Come and Hear the Weekly Announcements! 10:15 Hand & Foot Card Game 12:30 Prepare for Medicare 2027 Speaker: Brendan Flynn	6 10:00 Passport: Croatia Speakers: Ann & Peter Jacobson 12:00 Garden Talks: Pumpkins & More Public Library 12:30 Wood Carving 1:00 Cribbage 1:00 Hiking @ Mountain View	7 8:30 Group Bike Ride 10:00 Intro to Guitar Instructor: Jerry Short 12:00 BINGO in the HAC 1:15 Samba Card Game 4:45 Early Bird Dinner Ice Cracking Lodge	8 10:00 Breast Cancer Awareness Becker County Public Health 11:30 Swoop 1:00 Mahjong Tile Game 1:00 TOUR: Woodfire Pizza <i>Guitar Lessons & Songwriters' Guild</i>	9 8:30 Swim Aerobics Rockin' to the Oldies 11:10 Chair Yoga Fitness Studio 1:00 Bridge 3:00 Rustic Pumpkin Centerpieces —> Saturday, Oct 10 - Public Library
12 8:30 Walk at Oak Grove 9:30 Coffee & Conversation (C&C) Come and Hear the Weekly Announcements! 10:15 Hand & Foot Card Game 12:30 Foam Rolling Recovery Speaker: Nancy Hebert	13 10:00 Halloween Greeting Cards Artist: Maggie Peterson 12:30 Wood Carving 1:00 Cribbage 1:00 Hiking @ Mountain View	14 8:30 Group Bike Ride 10:30 Becker County/Bison Football Speaker: Phil Hansen 12:00 BINGO in the HAC 1:15 Samba Card Game 2:00 Pressed Flower Bookmarks Public Library	15 10:00 Osteoporosis 101 Speaker: Trisa Meyer 11:30 Swoop 1:00 Mahjong Tile Game <i>Guitar Lessons</i>	16 8:30 Swim Aerobics Rockin' to the Oldies 11:10 Chair Yoga Fitness Studio 1:00 Bridge 7:30 "What's Going On?" —> Saturday, Oct. 16 Fabulous Armadillos
19 8:30 Walk the Track 9:30 Coffee & Conversation (C&C) <i>WEAR PINK for a special dooprize giveaway!</i> 10:15 Hand & Foot Card Game 12:30 Trivia Time	20 10:00 TOUR: Flyers Gymnastics 12:30 Wood Carving 1:00 Cribbage 1:00 Hiking @ Mountain View <i>1:00 Variety Dances Frazee Event Center</i>	21 9:00 - 11:00 Tech Time w/Teri 11:00 Birthday Lunch <i>Billie's Bar - Vegas</i> 12:30 BINGO in the HAC 1:30 Samba Card Game	22 10:00 The Cuban Missile Crisis Speaker: Steve Carlson 11:30 Swoop 1:00 Mahjong Tile Game <i>Guitar Lessons</i>	23 8:30 Swim Aerobics Rockin' to the Oldies 11:10 Chair Yoga Fitness Studio 1:00 Bridge 6:00 Ghost Hunting 101 Public Library
26 8:30 Walk the Track 9:30 Coffee & Conversation (C&C) Come and Hear the Weekly Announcements! 10:15 Hand & Foot Card Game 1:00 Book Club	27 10:00 Boo Bunco! 12:30 Wood Carving 1:00 Cribbage 1:00 Hiking @ Mountain View 2:00 Modern Storytelling Speaker: Erika Gilsdorf Public Library	28 10:00 Movie Matinee: <i>Ghostbusters</i> 12:00 BINGO in the HAC 1:15 Samba Card Game 6:30 Movie & Craft Night <i>Movie: Practical Magic</i>	29 10:45 MAHUBE Trick-or-Treat 11:30 Halloween Party Potluck 12:30 Card Dump 1:00 Mahjong Tile Game <i>Guitar Lessons</i>	30 8:30 Spook & Splash w/Teri & Julie Halloween Swim Aerobics 11:10 Chair Yoga Fitness Studio 1:00 Bridge 7:00 Swing Dance & Dessert —> Beach Front Big Band