

OCTOBER 2026

SPECIAL EVENTS CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5 Chair Yoga 10:00-10:45am Medicare vs. Medicare Advantage Plan 12:00-1:00pm	6 Strength & Stability 10:30-11:00am Who is Anson Burlingame? 1:00-2:00pm	7 Tai Chi 1:00-2:00pm Trivia 1:00-2:00pm	8 Boot Camp 10:30-11:00am	9 Moving Better with Sciatica 1:00-1:45pm
12 Chair Yoga 10:00-10:45am Knitting 12:00-1:00pm	13 Strength Circuit 10:30-11:00am Embossed Foil Creations 1:00-2:30pm	14 Tai Chi 1:00-2:00pm Safer at Home by Home Safety Services 1:00-2:00pm	15 Core & More 10:30-11:00am	16 Tech & MindBody 101 12:00-1:00pm
19	20	21	22	23
SHOW OFF YOUR CREATIVITY AND BRING IN YOUR DECORATED PUMPKIN BY FRIDAY, 10/23!				
Chair Yoga 10:00-10:45am Meet Kassi! 12:00-1:00pm	Bands & Bodyweight 10:30-11:00am Meditation 12:30-1:15pm	Tai Chi 1:00-2:00pm	Brain & Balance 10:30-11:00am	Nature Jouranling Mushrooms 1:00-2:30pm
26	27	28	29	30
VOTE FOR YOUR FAVORITE PUMPKIN FROM MONDAY, 10/26 - THURSDAY, 10/29!				WINNER ANNOUNCED!
Chair Yoga 10:00-10:45am World Stroke Day 12:00-1:00pm Knitting 12:00-1:00pm	Facial Gua Sha Workshop 12:30-1:15pm	Tai Chi 1:00-2:00pm Tea Party 1:00-2:00pm	REACT 10:30-11:00am Halloween Dance Party 1:00-1:45pm	Halloween Potluck! 12:00pm-2:00pm 

Class is available to members for \$5 per class or \$30/month for unlimited signature classes. Signature classes include specialty classes such as Yoga, Pilates, Barre, Tai Chi, and Dance formats.

Chair Yoga (\$5) | Tiffany A gentle, accessible yoga class using a chair for support to improve flexibility, balance, mobility, and relaxation through seated movements.

Medicare vs Medicare Advantage Plan | Grace L. Learn the basics of Medicare and Medicare Advantage, including eligibility, enrollment, coverage, costs, and prescription drug plans. Bring your questions and get clear guidance to help you better understand your Medicare options.

Who is Anson Burlingame? | Joanne G. Join Joanne Garrison for an engaging look into the life and story of Anson Burlingame. Discover who he was, why his name is so familiar, and the interesting history behind it.

Tai Chi (\$5) | Elliott Mao Experience the calming flow of Tai Chi with gentle movements, deep breathing, and balance exercises. Standing and seated options make this class accessible for all fitness levels.

Trivia | Dona Join us for a fun Trivia & Games session! Test your knowledge, enjoy interactive games, and share some laughs in a friendly, relaxed setting. All are welcome.

Boot Camp | Richard A fun, full-body workout combining strength, cardio, balance, and functional movements. Exercises can be modified for different fitness levels, allowing everyone to work at a comfortable and appropriate pace.

Moving Better with Sciatica | Richard Learn what sciatica is and how gentle mobility, strengthening, and everyday movement strategies may help reduce discomfort and improve movement.

Knitting with Friends | Joyce & Connie Relax and create as you learn knitting basics - casting on, purling, binding off, reading patterns, and fixing mistakes. Perfect for beginners or anyone refreshing their skills.

Embossed Foil Creations | Gloria V. The embossed foil craft consists of making designs on foil with templates or free-hand, coloring the designs and then embossing the design created on the foil with crafting materials. The end result can be used as a seasonal ornament.

Safer at Home | Home Safety Services Learn how Home Safety Services helps older adults stay safe and independent at home through home assessments, fall-prevention solutions, and modifications such as grab bars, railings, ramps, and lifts.

Core & More | Richard A gentle class to build core strength and improve mobility, posture, and balance. Includes floor work with modifications for comfort and safety.

Tech & MindBody 101 | Richard Take the mystery out of Mindbody! Learn how to book classes, view your schedule, and manage your visits with ease. Also get help with basic technology questions.

Meet Kassi! Stop by and meet Kassi, our new Health & Fitness Specialist! Say hello, get to know her, and help us give her a warm welcome to the Fitness Center community.

Meditation | Rita This guided meditation session will lead you through a series of breathing exercises and focused meditation techniques designed to help you reduce stress, improve concentration, and cultivate a sense of inner peace.

Brain & Balance | Richard Move, think, and play with balance drills, reaction games, and memory challenges for sharper thinking and steadier footing.

Nature Journaling Mushrooms | Chrissie C. Explore the fascinating world of mushrooms through nature journaling. Learn to observe their shapes, colors, and textures, then capture what you notice through simple sketches and notes.

Facial Gua Sha | Izabella Learn simple facial gua sha techniques designed to promote relaxation, ease facial tension, and support healthy-looking skin. This beginner-friendly class will cover basic movements and tips for safely using a gua sha tool at home.

Tea Party | Healthy Aging Pathways Join us for a relaxing tea party with Catholic Charities Healthy Aging Pathways. Enjoy tea, light refreshments, and friendly conversation while learning about programs and resources that support healthy aging, connection, and overall well-being.

REACT | Richard Improve balance, coordination, and reaction time through fun, functional exercises designed to help reduce fall risk and build confidence with everyday movement.

Halloween Dance Party | Jacqueline Get into the Halloween spirit with upbeat music, easy-to-follow dance moves, and plenty of festive fun! Wear your favorite Halloween colors or a costume you can comfortably move in. All levels are welcome, no dance experience needed!

Halloween Potluck!



Celebrate Halloween with a healthy twist! Bring a festive dish, snack, or treat to share and enjoy good food, good company, and a little Halloween fun.