


Coventry Senior Center October 2021

Mon	Tue	Wed	Thu	Fri
	<p>*NEW Strength & Balance on Thursday mornings!</p>	<p>Veterans Luncheon Thurs 11/10 DEADLINE to sign up is FRIDAY OCT. 29.</p>	<p>Dr. Morgan, Podiatrist, will be here next Thurs. Dec. 16. 9:30-11:30 By Appointment Only</p>	<p>1 *WALKING CLUB 9:15 AM MEET AT Sr Ctr.</p> <p>In the event of inclement weather, the Walking Club will meet indoors for a Walking video.</p>
<p>4</p> <p>CHAIR YOGA 10 AM BILLARDS 10 AM</p>	<p>5</p> <p>*FREE EXERCISE 9:15AM OPEN Billiards 10 AM BINGO 10:30 AM</p>	<p>6</p> <p>TAI CHI 9:30 AM SETBACK 10 AM</p>	<p>7</p> <p>MAHJONNG 9:15AM STRENGTH & BALANCE 10AM PODIATRIST APPTS. 9:30AM</p>	<p>8</p> <p>*WALKING CLUB 9:15 AM MEET AT SEN CTR.</p>
<p>11</p> <p>CLOSED COLUMBUS DAY</p>	<p>12</p> <p>*FREE EXERCISE 9:15AM OPEN Billiards 10 AM BINGO 10:30 AM</p>	<p>13</p> <p>TAI CHI 9:30 AM SETBACK 10 AM</p> <p>Mobile Foodshare @ St. Mary's Church 10 AM</p>	<p>14</p> <p>MAHJONNG 9:15 AM STRENGTH & BALANCE 10 AM BILLARDS 11 AM</p>	<p>15</p> <p>*WALKING CLUB 9:15 AM MEET AT SEN CTR.</p>
<p>18</p> <p>CHAIR YOGA 10 AM OPEN Billiards 10 AM</p>	<p>19</p> <p>*FREE EXERCISE 9:15AM OPEN Billiards 10 AM BINGO 10:30 AM</p>	<p>20</p> <p>TAI CHI 9:30 AM SETBACK 10AM</p>	<p>21</p> <p>MAHJONNG 9:15 AM STRENGTH & BALANCE 10 AM BILLARDS 11 AM</p>	<p>22</p> <p>*WALKING CLUB 9:15AM MEET AT SEN CTR.</p> <p>FREE MEDICARE INFO 10 AM</p>
<p>25</p> <p>CHAIR YOGA 10 AM OPEN Billiards 10 AM *TECH MONDAY 10:30AM</p>	<p>26</p> <p>*FREE EXERCISE 9:15AM OPEN billiards 10 AM BINGO 10:30AM</p>	<p>27</p> <p>TAI CHI 9:30 AM SETBACK 10 AM</p> <p>Mobile Foodshare @ St. Mary's Church 10 AM</p>	<p>28</p> <p>MAHJONNG 9:15 AM STRENGTH & BALANCE 10 AM BILLARDS 11 AM</p>	<p>29</p> <p>*WALKING CLUB 9:15AM MEET AT SEN CTR.</p> <p>Last Day to sign up for Veterans Luncheon!</p>