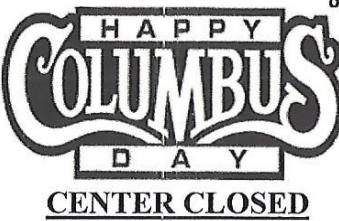


**PORTSMOUTH MULTI-PURPOSE SENIOR CENTER—October 2018 Activities**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:00 AM.....BILLIARDS 10:00 AM.....LINE DANCING 1:00 PM.....ADULT COLORNG 1:00 PM.....BRIDGE	<b>2</b> 9:00 AM.....BILLIARDS 9:00 AM.....ART 9:30 AM.....ALZHEIMERS' SUPPORT 1:00 PM.....BRIDGE 1:00 PM.....CHAIR YOGA  <i>Senior Health Insurance (1-4 PM)</i> <u>CALL FOR AN APPT—644-3317</u>	<b>3</b> 9:00 AM.....BILLIARDS 10:00 AM.....COMPUTER CLASS 10:00 AM.....WALKING CLUB 10:30 AM.....TAI CHI 1:00 PM.....COUNTRY JAMMIN' 1:30 PM.....BINGO 6:30 PM.....PITCH <i>Senior Health Insurance (1-4 PM)</i> <u>CALL FOR AN APPT—644-3317</u>	<b>4</b> 9:00 AM.....BILLIARDS <b>9:30 AM.....CANCELLED.....CHORUS</b> 1:00 PM.....MAH JONGG  10:00 AM – 12:00 PM Sign up in office or call 683-4106!	<b>5</b> 9:00 AM.....BILLIARDS 9:00 AM.....CARDIO EXERCISE 10:15 AM.....ZUMBA GOLD  <b>HELP NEEDED PEELING VEGGIES &amp; SETTING UP FOR DINNER DANCE ON SATURDAY, 10/6/18</b>
 <b>8</b>	<b>9</b> 9:00 AM.....BILLIARDS 9:00 AM.....ART 9:30 AM.....ALZHEIMERS' SUPPORT 1:00 PM.....BRIDGE 1:00 PM.....CHAIR YOGA <b>URI PRESENTATION: 10:00-11:00 AM</b> <b>TOPIC: Alternative Remedies for Arthritis</b> <i>Senior Health Insurance (1-4 PM)</i> <u>CALL FOR AN APPT—644-3317</u>	<b>10</b> 9:00 AM.....BILLIARDS 10:00 AM.....COMPUTER CLASS 10:00 AM.....WALKING CLUB 10:30 AM.....TAI CHI 1:00 PM.....COUNTRY JAMMIN' 1:30 PM.....BINGO 6:30 PM.....PITCH <i>Senior Health Insurance (1-4 PM)</i> <u>CALL FOR AN APPT—644-3317</u>	<b>11</b> 9:00 AM.....BILLIARDS 9:30 AM.....CHORUS 1:00 PM.....MAH JONGG	<b>12</b> 9:00 AM.....BILLIARDS 9:00 AM.....CARDIO EXERCISE 10:15 AM.....ZUMBA GOLD
<b>15</b> 9:00 AM.....BILLIARDS 10:00 AM.....LINE DANCING 1:00 PM.....ADULT COLORNG 1:00 PM.....BRIDGE	<b>16</b> 9:00 AM.....BILLIARDS 9:00 AM.....ART 9:30 AM.....ALZHEIMERS' SUPPORT 1:00 PM.....BRIDGE 1:00 PM.....CHAIR YOGA  <i>Senior Health Insurance (1-4 PM)</i> <u>CALL FOR AN APPT—644-3317</u>	<b>17</b> 9:00 AM.....BILLIARDS 10:00 AM.....COMPUTER CLASS 10:00 AM.....WALKING CLUB 10:30 AM.....TAI CHI 1:00 PM.....COUNTRY JAMMIN' 1:30 PM.....BINGO 6:30 PM.....PITCH  <i>Senior Health Insurance (1-4 PM)</i> <u>CALL FOR AN APPT—644-3317</u>	<b>18</b> 9:00 AM.....BILLIARDS 9:30 AM.....CHORUS 1:00 PM.....MAH JONGG  1:15 PM	<b>19</b> 9:00 AM.....BILLIARDS 9:00 AM.....CARDIO EXERCISE 10:15 AM.....ZUMBA GOLD
<b>22</b> 9:00 AM.....BILLIARDS 10:00 AM.....LINE DANCING 1:00 PM.....ADULT COLORNG 1:00 PM.....BRIDGE	<b>23</b> 9:00 AM.....BILLIARDS 9:00 AM.....ART 9:30 AM.....ALZHEIMERS' SUPPORT 1:00 PM.....BRIDGE 1:00 PM.....CHAIR YOGA <b>WHITE CROSS PHARMACY PRESENTS MED PACK MANAGEMENT—11:00 AM</b> <i>Senior Health Insurance (1-4 PM)</i> <u>CALL FOR AN APPT—644-3317</u>	<b>24</b> 9:00 AM.....BILLIARDS 10:00 AM.....COMPUTER CLASS 10:00 AM.....WALKING CLUB 10:30 AM.....TAI CHI 1:00 PM.....COUNTRY JAMMIN' 1:30 PM.....BINGO 6:30 PM.....PITCH <i>Senior Health Insurance (1-4 PM)</i> <u>CALL FOR AN APPT—644-3317</u>	<b>25</b> 9:00 AM.....BILLIARDS 9:30 AM.....CHORUS 1:00 PM.....MAH JONGG	<b>26</b> 9:00 AM.....BILLIARDS 9:00 AM.....CARDIO EXERCISE 10:15 AM.....ZUMBA GOLD
<b>29</b> 9:00 AM.....BILLIARDS 10:00 AM.....LINE DANCING 1:00 PM.....ADULT COLORNG 1:00 PM.....BRIDGE	<b>30</b> 9:00 AM.....BILLIARDS 9:00 AM.....ART 9:30 AM.....ALZHEIMERS' SUPPORT 1:00 PM.....BRIDGE 1:00 PM.....CHAIR YOGA  <i>Senior Health Insurance (1-4 PM)</i> <u>CALL FOR AN APPT—644-3317</u>	<b>31</b> 9:00 AM.....BILLIARDS 10:00 AM.....COMPUTER CLASS 10:00 AM.....WALKING CLUB 10:30 AM.....TAI CHI 1:00 PM.....COUNTRY JAMMIN' 1:30 PM.....BINGO 6:30 PM.....PITCH <i>Senior Health Insurance (1-4 PM)</i> <u>CALL FOR AN APPT—644-3317</u>	<b>An important message from Medicare</b> Medicare Open Enrollment October 15—December 7 Tell your friends Please schedule an appointment with Pat Walker ASAP, 644-3317	<b>Bazaar</b> <u>(11/10 &amp; 11/11)</u>