

LOCATION OF CLASS:

-  Pool
-  Gym
-  Patio
-  Community Room
-  Lobby
-  Conference Room

\*BCL = Beacon Community Inland program

# OCTOBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1.</b> Senior Pep Fitness   9:30 a.m. Splash with Me   10 a.m. Senior Men's BBall   10:30 a.m. Pickle Ball   12 p.m. Board & Card Games   12:30 p.m. Yoga - 30 min   5:45 p.m. BCL: Dame Tu Mono   6 p.m. Boys & Girls Club BBall   6:30 p.m.	<b>2.</b> Gym for Me   9 a.m. Splash with Me   10 a.m. Book Club   10:30 a.m.	<b>3.</b> Senior Pep Fitness   9:30 a.m. Splash with Me   10 a.m. ChiWalk - 1 hour   12 p.m. Pickle Ball   12 p.m. Board & Card Games   12:30 p.m. Yoga - 30 min   5:45 p.m. BCL: Dame Tu Mono   6 p.m. Boys & Girls Club BBall   6:30 p.m.	<b>4.</b> Walk & Talk   9 a.m. Splash with Me   10 a.m. Board & Card Games   12:30 p.m. Open Swim   5-7 p.m.	<b>5.</b> Sunrise Yoga   8 a.m. BCL: Dame Tu Mono   9 a.m.
<b>6.</b> Open Swim   12-3 p.m.	<b>7.</b> Gym for Me   9 a.m. Splash with Me   10 a.m. Board & Card Games   12:30 p.m. Open Gym   3:30 p.m. BCL: 8 Dimensions of Well-being, Intellectual   TBD	<b>8.</b> Senior Pep Fitness   9:30 a.m. Splash with Me   10 a.m. Senior Men's BBall   10:30 a.m. Blood Pressure Screen   11 a.m. Pickle Ball   12 p.m. Board & Card Games   12:30 p.m. Yoga - 30 min   5:45 p.m. BCL: Dame Tu Mono   6 p.m. Boys & Girls Club BBall   6:30 p.m. BCL: Leighton Lecture   TBD	<b>9.</b> Gym for Me   9 a.m. Splash with Me   10 a.m. Book Club   10:30 a.m. BCL: Leighton Lecture   TBD	<b>10.</b> Senior Pep Fitness   9:30 a.m. Splash with Me   10 a.m. ChiWalk - 1 hour   12 p.m. Pickle Ball   12 p.m. Board & Card Games   12:30 p.m. Yoga - 30 min   5:45 p.m. BCL: Dame Tu Mono   6 p.m. Boys & Girls Club BBall   6:30 p.m.	<b>11.</b> Walk & Talk   9 a.m. Splash with Me   10 a.m. Board & Card Games   12:30 p.m. Open Swim   5-7 p.m.	<b>12.</b> Sunrise Yoga   8 a.m. BCL: Dame Tu Mono   9 a.m.
<b>13.</b> Open Swim   12-3 p.m.	<b>14.</b> Gym for Me   9 a.m. Splash with Me   10 a.m. Board & Card Games   12:30 p.m. Open Gym   3:30 p.m. BCL: Adversity Childhood Experiences   TBD	<b>15.</b> Senior Pep Fitness   9:30 a.m. Splash with Me   10 a.m. Senior Men's BBall   10:30 a.m. Pickle Ball   12 p.m. Board & Card Games   12:30 p.m. Yoga - 30 min   5:45 p.m. BCL: Dame Tu Mono   6 p.m. Boys & Girls Club BBall   6:30 p.m. BCL: Leighton Lecture   TBD	<b>16.</b> Gym for Me   9 a.m. Splash with Me   10 a.m. Book Club   10:30 a.m. BCL: Question, Persuade, Refer Adult   6 p.m.	<b>17.</b> Senior Pep Fitness   9:30 a.m. Splash with Me   10 a.m. ChiWalk - 1 hour   12 p.m. Pickle Ball   12 p.m. Board & Card Games   12:30 p.m. Yoga - 30 min   5:45 p.m. BCL: Question, Persuade, Refer   6 p.m. BCL: Dame Tu Mono   6 p.m. Boys & Girls Club BBall   6:30 p.m.	<b>18.</b> Walk & Talk   9 a.m. Splash with Me   10 a.m. Board & Card Games   12:30 p.m. Open Swim   5-7 p.m.	<b>19.</b> Sunrise Yoga   8 a.m. BCL: Dame Tu Mono   9 a.m.
<b>20.</b> Open Swim   12-3 p.m.	<b>21.</b> Gym for Me   9 a.m. Splash with Me   10 a.m. Board & Card Games   12:30 p.m. Open Gym   3:30 p.m. BCL: 8 Dimensions of Well-being, Emotional   TBD	<b>22.</b> Senior Pep Fitness   9:30 a.m. Splash with Me   10 a.m. Senior Men's BBall   10:30 a.m. Pickle Ball   12 p.m. Board & Card Games   12:30 p.m. Yoga - 30 min   5:45 p.m. BCL: Dame Tu Mono   6 p.m. Boys & Girls Club BBall   6:30 p.m.	<b>23.</b> Gym for Me   9 a.m. Splash with Me   10 a.m. Book Club   10:30 a.m.	<b>24.</b> Senior Pep Fitness   9:30 a.m. Splash with Me   10 a.m. ChiWalk - 1 hour   12 p.m. Pickle Ball   12 p.m. Board & Card Games   12:30 p.m. Yoga - 30 min   5:45 p.m. BCL: Dame Tu Mono   6 p.m. Boys & Girls Club BBall   6:30 p.m.	<b>25.</b> Walk & Talk   9 a.m. Splash with Me   10 a.m. Board & Card Games   12:30 p.m. Open Swim   5-7 p.m.	<b>26.</b> Sunrise Yoga   8 a.m. BCL: Dame Tu Mono   9 a.m.
<b>27.</b> Open Swim   12-3 p.m.	<b>28.</b> Gym for Me   9 a.m. Splash with Me   10 a.m. Board & Card Games   12:30 p.m. Open Gym   3:30 p.m.	<b>29.</b> regular Tuesday programs	<b>30.</b> regular Tuesday programs	<b>31.</b> regular Tuesday programs		