








October 2023

The Wells Ogunquit Senior Center



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|--|---|
| 1 10am Shores Church | 2 8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 11-12pm BEGINNER Line Dancing 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm Improver Beginner Line Dancing (\$5 Members, \$7 Non-Members) | 3 9-10am Healthy Choices group 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 4-5:30pm Game Night | 4 8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm-BINGO | 5 9:15-12pm Private Bridge Class (\$3 Members, \$5 Non-Members) 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing | 6 9am Yoga 9am Pinochle 11:30-2:30pm Mah Jongg 1pm Dominos | 7 1st Annual Seaside Cribbage Tournament |
| 8 10am Shores Church | 9 Center Closed  | 10 9-10am Healthy Choices group 10:30-11:30am NO Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group- 4-5:30pm Game Night | 11 8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm-BINGO | 12 9:15-12pm Private Bridge Class (\$3 Members, \$5 Non-Members) 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing | 13 9am Yoga 9am Pinochle 11:30-2:30pm Mah Jongg 1pm Dominos Hall not available- Hooking retreat | 14 Hooking retreat |
| 15 10am Shores Church | 16 8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 10am Wells Library- Medicare Information w/ Barry Wolfson 11-12pm BEGINNER Line Dancing 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm Improver Beginner Line Dancing (\$5 Members, \$7 Non-Members) | 17 9-10am Healthy Choices group 10:30-11:30am NO Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group- 4-5:30pm Game Night | 18 8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm-BINGO | 19 9:15-12pm Private Bridge Class (\$3 Members, \$5 Non-Members) 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing 4-5:30pm Board of Directors | 20 9am Yoga 9am Pinochle 10-12pm Senior College- The first forum is scheduled for October with Jerry Nolton presenting the importance and joy of documenting senior Memories 11:30-2:30pm Mah Jongg 1pm Dominos | 21  |
| 22 10am Shores Church | 23 8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 11-12pm NO-BEGINNER Line Dancing 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm Improver Beginner Line Dancing (\$5 Members, \$7 Non-Members) | 24 9-10am Healthy Choices group 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group- 4-5:30pm Game Night | 25 8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm-BINGO | 26 9:15-12pm Private Bridge Class (\$3 Members, \$5 Non-Members) 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing | 27 9am Yoga 9am Pinochle 11:30-2:30pm Mah Jongg 1-3pm Medicare Meeting with Kathleen Chicoine /refreshments | 28  9-1pm Harvest Fair Baked goods and crafter's |
| 29 10am Shores Church | 30 8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 11-12pm Book Club 11-12pm NO-BEGINNER Line Dancing 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm Improver Beginner Line Dancing (\$5 Members, \$7 Non-Members) | 31  9-10am Healthy Choices group 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group- 4-5:30pm Game Night | October had tremendous possibility. The summer's oppressive heat was a distant memory, and the golden leaves promised a world full of beautiful adventures. They made me believe in miracles." Sarah Guillory, <i>Reclaimed</i> | | |  Schedule is subject to change without notice. |