
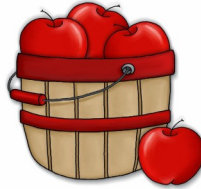








October SOS 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>Class Descriptions:</p> <p>Painting with Cindy- Beginner step-by-step painting class where everyone leaves with a masterpiece!</p> <p>Movies- Favorite Oldies</p> <p>Exercise: Yoga / Meditation / Range of Motion- Beginner Level and lots of fun!</p> <p>Crafts- All are easy, fun, and free!</p> <p>Cooperative Extension-Quick paced, informative and fun programming for all to use.</p>							
						1	2
		5 1:00 Painting with Cindy 2:30 Sit and Be Fit	6 2:30 Chair Yoga	7 1:00 Cooperative Extension 2:30 Guided Meditation	8		
		12 1:00 Crafts 2:30 Range of Motion	13 2:30 Sit and Be Fit	14 1:00 Whitewater Falls	15		
		19 1:00 MOVIE 2:30 Chair Yoga	20 2:30 Stretching	21 1:00 Painting with Cindy 2:30 Hunger Coalition	22	23	
		26 1:00 Pumpkin Decorating 2:30 Range of Motion	27 2:30 Guided Meditation	28 1:30 Holiday Safety Sheriffs Dept		30	
						31	