



October 2026 ♦ Month-at-a-Glance



Monday	Tuesday	Wednesday	Thursday	Friday
 Fri, Oct 16, 11:20am Mon, Oct 19, 11:20am Thu, Oct 22, 9:30am	 State Health Insurance Assistance Program Navigating Medicare		1 – West Pt Lake Trip Pickleball Yoga I SureFit Circuit Training Qi Gong Tai Chi Mahjong Contract Bridge Line Dancing I Ballroom Dancing	2 – Trip Sign-up Sausage Biscuits Vivo / FlexFit Bingo / DanceFit Singalong October Birthdays Oil Painting Chair Volleyball Billiards (West Pt) Line Dancing I
5 FlexFit Genealogy Qi Gong Tai Chi BP Check / Vivo ChairFit / Mahjong GriefShare Indoor Pickleball Line Dancing II	6 – Frisbee Toss Haircare Paper Dolls DanceFit Jewelry Craft Class ChairFit / Bible Study Yoga II / Oil Painting Line Dancing II Stick to the Beat	7 – Gentle Stretch Stick to the Beat Standing Aerobics Bingo Knit Witz Line Dancing I Hand & Foot Game Chair Volleyball Chorus	8 Pickleball Class Yoga I SureFit Photo Coaster Craft Qi Gong Tai Chi Mahjong / Bridge Line Dancing I Ballroom Dancing	9 – Catfish Supper Vivo / FlexFit Bingo DanceFit Singalong Chair Volleyball Oil Painting Line Dancing I
12 – Your Treasure FlexFit Genealogy Qi Gong Tai Chi BP Check / Vivo ChairFit / Mahjong GriefShare Indoor Pickleball Line Dancing II Marine Corps League	13 – Game Night Haircare / Paper Dolls DanceFit Jewelry Craft Class ChairFit / Bible Study Yoga II / Oil Painting Line Dancing II Stick to the Beat VA Assist / DAV Mtg	14 – Dr. Comerford Sausage Biscuits Stick to the Beat Standing Aerobics Bingo / Knit Witz Volunteer of the Month Line Dancing I Hand & Foot Game Volleyball / Chorus	15 – State Fair Trip Pickleball Class Yoga I SureFit Qi Gong Tai Chi Pumpkin Crate Craft Mahjong / Bridge Line Dancing I Ballroom Dancing	16 – Scam Patrol Football Toss Vivo / FlexFit Bingo / DanceFit Singalong Chair Volleyball Oil Painting Line Dancing I 17 – Saturday Dance
19 – Scam Protection FlexFit Genealogy Qi Gong Tai Chi BP Check / Vivo ChairFit / Mahjong GriefShare Indoor Pickleball Line Dancing II	20 – Fishing Derby Haircare / Bible Study Jewelry Craft Class Paper Dolls / DanceFit ChairFit Yoga II Oil Painting Line Dancing II Stick to the Beat	21 – Political Forum Stick to the Beat Standing Aerobics Line Dancing Bingo / Vivo Crochet & Knitting Hand & Foot Game Volleyball Chorus	22 – Enrollment Prep Pickleball Mahjong Craft Yoga I Computer Class SureFit Hospice Benefit Bridge Line Dancing I Ballroom Dancing	23 Open Enrollment Assistance Vivo / FlexFit Bingo DanceFit Singalong Chair Volleyball Oil Painting Line Dancing I
26 FlexFit / Genealogy Leadership Team Qi Gong Tai Chi BP Check / Vivo Mahjong / Pickleball ChairFit / GriefShare Line Dancing II	27 – Caregivers Conf Haircare / Paper Dolls Jewelry / DanceFit Bible Study / ChairFit Veterans Assistance Yoga II / Oil Painting Line Dancing II Stick to the Beat	28 – MyChart Overview Stick to the Beat Standing Aerobics Bingo / Vivo MyChart Workshop Knit Witz Line Dancing I Hand & Foot Game Volleyball / Chorus	29 – Riverboat Trip Pickleball Class Yoga I SureFit Qi Gong Tai Chi Mahjong / Bridge Line Dancing I Ballroom Dancing	30 – Costume Contest Vivo / FlexFit Bingo DanceFit Singalong Halloween Dance Oil Painting Line Dancing I

The Active Life

October 2026

RECREATION FOR ACTIVE ADULTS 55+

Catfish Supper
Fri, Oct 9

My Trash, Your Treasure
Mon, Oct 12

Game Night
Tue, Oct 13

Saturday Night Dance
Sat, Oct 17

Fishing Derby
Tue, Oct 20

Computer Class
Thu, Oct 22

Open Enrollment Assistance
Fri, Oct 23

MyChart Workshop
Wed, Oct 28

Costume Contest
Fri, Oct 30

Halloween Daytime Dance
Fri, Oct 30

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10 Ways to Protect Your Bones & Joints

Maintaining bone and joint health requires proper nutrition, regular exercise, and healthy lifestyle choices to prevent bone loss and reduce joint strain.

Key Strategies for Bone & Joint Health:

- 1) Eat Nutritious Foods:** Consume adequate calcium (from dairy or leafy greens) and vitamin D to support bone strength, along with anti-inflammatory foods such as vegetables and healthy fats.
- 2) Stay Active:** Engage in weight-bearing and low-impact exercises such as walking, swimming, or cycling to build bone density and maintain joint flexibility.
- 3) Maintain a Healthy Weight:** Maintain a healthy weight to reduce pressure and stress on weight-bearing joints such as your knees and hips.
- 4) Practice Balance and Strength Training:** Perform muscle-strengthening and balance exercises, such as tai chi or yoga, twice a week to help prevent falls and protect your joints.
- 5) Avoid Harmful Habits:** Do not smoke and limit alcohol intake, as both can negatively affect bone density and overall musculoskeletal health.

You Can Manage Arthritis Symptoms

Five effective things you can do, without medicine, to control arthritis pain and symptoms include:

- 1) Learn to Manage Arthritis:** Choose low-impact activities to protect your joints and do strength training to build muscles around your joints and reduce shock. Avoid repetitive, high-impact activities that hurt your joints. A physical therapist can help develop a safe, personalized exercise routine.
- 2) Be Active:** Regular activity can reduce pain, improve physical function, and delay limitations caused by arthritis. Try to get at least 150 minutes of moderate physical activity each week, such as walking or bicycling.
- 3) Keep a Healthy Weight:** Maintaining a healthy weight can reduce stress on your joints.
- 4) See Your Healthcare Provider:** Early evaluation can help identify and manage arthritis.
- 5) Protect Your Joints:** Avoid injuries and activities, sports, or jobs that involve repetitive motions.

Kay

