



MONDAY October 2		TUESDAY October 3		WEDNESDAY October 4		THURSDAY October 5		FRIDAY October 6							
8:30-9:30	Relaxation Yoga	L	9:00-10:00	Emeritus Yoga w/ Doris*	DS	8:30-9:30	Relaxation Yoga	L	8:30-9:30	Relaxation Yoga	L				
9:00-12:00	Cribbage	M	9:00-10:00	Flexercise	L	10:00-11:00 E. Hatha Yoga w/ Nancy*	DS	9:00-12:00	Cribbage	M	10:00-11:00 E. Hatha Yoga w/ Nancy*	DS			
10:00-10:30	Sr.Tai Chi for Balance	L	10:15-11:00	E. Chair Yoga w/Paula*	DS	10:00-11:30	Poker	M	9:30-11:00	Brain Aerobics	DS	10:00-11:00	Arthritis Exercise w/ Gladys	M	
10:30-11:00	Balance and Strength	L	10:00-11:00	Walking Group	O	10:00-11:00	Arthritis Exercise w/ Gladys	L	10:15-11:00 E. Chair Yoga w/Paula*	DS	10:00-11:00	Grief Support Group	L		
10:30-12:30	Emeritus Drawing*	DS	11:30-12:00	Meals That Connect	DR	11:30-12:00	Meals That Connect	DR	11:30-12:30	Meditation & Mindfulness	DR	11:30-12:00	Meals That Connect	DR	
11:30-12:00	Meals That Connect	DR	1:00-3:30	Mah Jongg	M	12:00-1:00	Poker	L	12:30	Meals That Connect	DR	12:30	MOVIE	L	
12:00-4:00	Pinochle	M	1:00-3:00	Mah Jongg Instruction W/Chris	M	12:30-4:00	Party Bridge	L	12:00-4:00	Pinochle	M	1:00-4:00	PEDRO	DS	
12:30-4:30	Duplicate Bridge	DR	3:30-4:30	Hand Held Devices*	DR	1:15-3:30	Slow & Social Mah Jongg	M	12:30-4:30	Duplicate Bridge	DR	1:00-4:00	Hand and Foot	M	
1:00-4:00	E. Mixed Media w/ Page*	DS	By Appt.	Computers with Bob	V	1:30-3:30	Bingo	DR	1:00-4:00	NO CLASSICAL MUSIC	DR	1:30-3:00	Scrabble	DR	
Sign ups begin for Halloween Party See Front Desk									By Appt.	HICAP		BBQ SATURDAY October 7			
MONDAY October 9		TUESDAY October 10		WEDNESDAY October 11		THURSDAY October 12		FRIDAY October 13							
8:30-9:30	Relaxation Yoga	L	9:00-10:00	Emeritus Yoga w/ Doris*	DS	8:30-9:30	Relaxation Yoga	L	9:00-10:00	Emeritus Yoga w/ Paula*	DS	8:30-9:30	Relaxation Yoga	L	
9:00-12:00	Cribbage	M	9:00-10:00	Flexercise	L	10:00-11:00 E. Hatha Yoga w/ Nancy*	DS	9:00-12:00	Cribbage	DS	9:00-12:00	Cribbage	M	10:00-11:00 E. Hatha Yoga w/ Nancy*	DS
10:00-10:30	Sr.Tai Chi for Balance	L	10:15-11:00	E. Chair Yoga w/Paula*	DS	10:00-11:30	Poker	M	10:15-11:00	E. Chair Yoga w/Paula*	DS	10:00-11:00	Arthritis Exercise w/ Gladys	M	
10:30-11:00	Balance and Strength	L	10:00-11:00	Food Bank Distribution	P	10:00-11:00	Arthritis Exercise w/ Gladys	L	11:30-12:30	Meditation & Mindfulness	DR	10:00-11:00	Grief Support Group	L	
10:30-12:30	Emeritus Drawing*	DS	10:00-11:00	Walking Group	O	11:30-12:00	Meals That Connect	DR	11:30-12:00	Meals That Connect	DR	11:30-12:00	Meals That Connect	DR	
11:30-12:00	Meals That Connect	DR	11:30-12:00	Meals That Connect	DR	12:00-1:00	Poker	M	12:00-4:00	Pinochle	M	1:00-4:00	PEDRO	DS	
12:00-4:00	Pinochle	M	1:00-3:30	Mah Jongg	L	12:30-4:00	Party Bridge	L	12:30-4:30	Duplicate Bridge	DR	1:00-4:00	Hand and Foot	M	
12:30-4:30	Duplicate Bridge	DR	1:00-3:00	Mah Jongg Instruction W/Chris	M	1:15-3:30	Slow & Social Mah Jongg	M	1:00-4:00	Classical Music Apprec.	DS	1:30-3:00	Scrabble	DR	
1:00-4:00	E. Mixed Media w/ Page*	DS	3:30-4:30	Hand Held Devices*	DR	1:30-3:30	Bingo	DR	2:00-4:30	Knitting	L				
1:30-2:30	Sr. Advisory Council	L	By Appt.	Computers with Bob	V				By Appt.	HICAP	V				
Sign up Halloween Party at Front Desk															
MONDAY October 16		TUESDAY October 17		WEDNESDAY October 18		THURSDAY October 19		FRIDAY October 20							
8:30-9:30	Relaxation Yoga	L	8:30-11:30	Alignment Health Care	LOB	8:00-11:00	CCPN Craft and Coffee	DS	9:00-10:00	Emeritus Yoga w/ Paula*	DS	8:30-9:30	Relaxation Yoga	L	
9:00-12:00	Cribbage	M	9:00-10:00	Emeritus Yoga w/ Doris*	DS	8:30-9:30	Relaxation Yoga	L	9:00-12:00	Cribbage	M	10:00-11:00 E. Hatha Yoga w/ Nancy*	DS	10:00-11:00 E. Hatha Yoga w/ Nancy*	DS
10:00-10:30	Sr.Tai Chi for Balance	L	9:00-10:00	Flexercise	L	10:00-11:30	Poker	M	9:30-11:00	Brain Aerobics	DS	10:00-11:00	Arthritis Exercise w/ Gladys	M	
10:30-11:00	Balance and Strength	L	10:15-11:00	E. Chair Yoga w/Paula*	DS	10:00-11:00	E. Hatha Yoga w/ Nancy*	L	12:30-4:30	Duplicate Bridge	DR	10:00-11:00	Grief Support Group	L	
10:30-12:30	Emeritus Drawing*	DS	10:00-11:00	Walking Group	O	11:30-12:00	Meals That Connect	DR	10:15-11:00	E. Chair Yoga w/Paula*	DS	11:30-12:00	Meals That Connect	DR	
11:30-12:00	Meals That Connect	DR	11:30-12:00	Meals That Connect	DR	12:00-1:00	Poker	L	11:30-12:30	Meditation & Mindfulness	L	Cancelled MOVIE CANCELLED			
12:00-4:00	Pinochle	M	1:00-3:30	Mah Jongg	L	12:30-4:00	Party Bridge	L	11:30-12:00	Meals That Connect	DR	1:00-4:00	PEDRO	L	
12:30-4:30	Duplicate Bridge	DR	1:00-3:00	Mah Jongg Instruction W/Chris	M	1:30-3:30	Bingo	DR	12:00-4:00	Pinochle	M	1:00-4:00	Hand and Foot	M	
1:00-4:00	E. Mixed Media w/ Page*	DS	3:30-4:30	Hand Held Devices*	DR	2:00-4:00	Sierra Bonita HOA	M	1:00-4:00	Classical Music Apprec.	DS	1:30-3:00	Scrabble	L	
			By Appt.	Computers with Bob	V				By Appt.	HICAP	V	1:00-3:00 Halloween Party		DR	
MONDAY October 23		TUESDAY October 24		WEDNESDAY October 25		THURSDAY October 26		FRIDAY October 27							
8:30-9:30	Relaxation Yoga	L	9:00-10:00	Emeritus Yoga w/ Doris*	DS	8:30-9:30	Relaxation Yoga	L	9:00-10:00	Emeritus Yoga w/ Paula*	DS	8:30-9:30	Relaxation Yoga	L	
9:00-12:00	Cribbage	M	9:00-10:00	Flexercise	L	10:00-11:00 E. Hatha Yoga w/ Nancy*	DS	9:00-12:00	Cribbage	DS	9:00-12:00	Cribbage	M	10:00-11:00 E. Hatha Yoga w/ Nancy*	DS
10:00-10:30	Sr.Tai Chi for Balance	L	10:15-11:00	E. Chair Yoga w/Paula*	DS	10:00-11:30	Poker	M	10:15-11:00	E. Chair Yoga w/Paula*	DS	10:00-11:00	Arthritis Exercise w/ Gladys	M	
10:30-11:00	Balance and Strength	L	10:00-11:00	Food Bank Distribution	P	10:00-11:00	Arthritis Exercise w/ Gladys	L	11:30-12:30	Meditation & Mindfulness	DR	10:00-11:00	Grief Support Group	L	
10:30-12:30	Emeritus Drawing*	DS	10:00-11:00	Walking Group	O	11:30-12:00	Meals That Connect	DR	11:30-12:00	Meals That Connect	DR	11:30-12:00	Meals That Connect	DR	
11:30-12:00	Meals That Connect	DR	11:30-12:00	Meals That Connect	DR	12:00-1:00	Poker	M	12:00-4:00	Pinochle	M	1:00-2:00 Crime Solvers Book Club		L	
12:00-4:00	Pinochle	M	1:00-3:30	Mah Jongg	L	12:30-4:00	Party Bridge	L	12:30-4:30	Duplicate Bridge	DR	1:00-4:00	PEDRO	DS	
12:30-4:30	Duplicate Bridge	DR	1:00-3:00	Mah Jongg Instruction W/Chris	M	1:15-3:30	Slow & Social Mah Jongg	M	1:00-4:00	Classical Music Apprec.	DS	1:00-4:00	Hand and Foot	M	
12:30-3:30	BUNCO**	DS	3:30-4:30	Hand Held Devices*	DR	1:30-3:30	Bingo	DR	2:00-4:30	Knitting	L	1:30-3:00	Scrabble	DR	
1:00-4:00	E. Mixed Media w/ Page*	L	By Appt.	Computers with Bob	V				By Appt.	HICAP	V	CRAFT FAIR Tomorrow Oct. 28 9AM			
MONDAY October 30		TUESDAY October 31													
8:30-9:30	Relaxation Yoga	L	9:00-10:00											Emeritus Yoga w/ Doris*	DS
9:00-12:00	Cribbage	M	9:00-10:00	Flexercise	L	10:15-11:00	E. Chair Yoga w/Paula*	DS							
10:00-10:30	Sr.Tai Chi for Balance	L	10:15-11:00	E. Chair Yoga w/Paula*	DS	10:00-11:00	Walking Group	O							
10:30-11:00	Balance and Strength	L	10:00-11:00	Walking Group	O	11:30-12:00	Meals That Connect	DR							
10:30-12:30	Emeritus Drawing*	DS	11:30-12:00	Meals That Connect	DR	1:00-3:30	Mah Jongg	M							
11:30-12:00	Meals That Connect	DR	1:00-3:30	Mah Jongg	M	1:00-3:00	Mah Jongg Instruction W/Chris	M							
12:00-4:00	Pinochle	M	1:00-3:00	Mah Jongg Instruction W/Chris	M	3:30-4:30	Hand Held Devices*	DR							
12:30-4:30	Duplicate Bridge	DR	3:30-4:30	Hand Held Devices*	DR	By Appt.	Computers with Bob	V							
1:00-4:00	E. Mixed Media w/ Page*	DS	By Appt.	Computers with Bob	V										

*Cuesta Emeritus Program requires registration:

Register at the Front Desk