

Haysville Senior Center– October 2022 Activities

MON	TUE	WED	THUR	FRI	SAT
3 10:00am– Chair Yoga 1:00pm– Planning Committee 1:00pm– Dominoes 2:00pm– Billiards	4 9:45am– Blood Pressure checks 10:00am- STEPS 11:00am- Cards 1:00pm- Mexican Train 1:00 pm– Tia Chi	5 10:00am– Billiards 10:00am– Posture Improvement Class 1:00pm- \$2 BINGO	6 10:00am- STEPS 10:35am– WellRep 11:00am- Cards	7 10:30am-Drumming 1:00pm– Tia Chi	8 Fall Tree Paint Party 10:00am & 12:30pm
10 Haysville Senior Center & Haysville Hustle Closed No Meals Served	11 10:00am- STEPS 11:00am- Cards 1:00pm- Mexican Train 1:00 pm– Tia Chi	12 8:30am– Donuts, Coffee & Conversation 9:00am– Billiards 2:00pm– Self Defense Class	13 10:00am- STEPS 10:35am– WellRep 11:00am Cards 1:00pm– Bunco	14 10:30am-Drumming 1:00pm– Tia Chi 2:30pm– Bartlett Arboretum Trip 6:00pm– \$6 Dinner	15
17 10:00am– Chair Yoga 1:00pm– Dominoes 2:00pm– Billiards	18 10:00am- STEPS 11:00am- Cards 1:00pm- Mexican Train 1:00 pm– Tia Chi 2:00pm– Microsoft Windows Computer Class	19 Game Room Closed 1:00pm– Commodities	20 9:45am– Klausmeyer Farm & Pumpkin Patch 10:00am- STEPS 10:35am– WellRep 11:00am Cards	21 10:30am-Drumming 10:30am-Vaccine Clinic 1:00pm– Tia Chi	22 Haysville Fall Festival Weekend No Breakfast
24 10:00am- Chair Yoga 1:00pm– Dominoes 2:00pm– Billiards	25 10:00am- STEPS 11:00am- Cards 1:00pm- Mexican Train 1:00 pm– Tia Chi	26 8:30am– Donuts, Coffee & Conversation 10:00am– Billiards 10:05am-Aviation Museum & Lunch at Casey’s	27 10:00am- STEPS 10:35am– WellRep 11:00am Cards 12:00pm– Halloween Party (Pizza & Ice Cream) 12:30pm– Crafting Club 1:00pm– Bunco	28 10:30am-Drumming 1:00pm– Tia Chi	29 Drug Take Back Day Haysville Police Dept. 10:00-2:00
31 10:00am- STEPS 11:00am- Cards 1:00pm- Mexican Train 1:00pm– Tia Chi 3:30pm– Center Closes Early			*Drumming Seniors is an upbeat exercise class! A video & music are used to beat the drum together.	*Tia Chi consist of a series of slow, fluid, gentle movements. Breathing is slow, relaxed and deep in aid concertation, improves quality of life & fall prevention.	*STEPS is an exercise class that emphasizes stretching and flexibility.