

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>R&amp;K Sub Sale</b>  Orders to take place from <b>October 2<sup>nd</sup> through October 20<sup>th</sup></b> <b>Friday October 20<sup>th</sup>:</b> <b>Money/Orders Due</b> <b>Monday October 30<sup>th</sup>:</b> <b>Sub Delivery</b> <i>(Pickup During Lunch Distribution)</i> <b>Pretzel Sandwich: \$6.00</b> <b>Subs: \$7.00</b>  Subs: Italian Ham Turkey Roast Beef American  <b>Pretzel Sandwiches:</b> Italian Ham & Cheese Ham & Swiss Turkey & Cheese Roast Beef & Cheese Sweet Lebanon Bologna & Cheese Chicken Salad Egg Salad Tuna Salad
9:30 Shut The Box 10:30 Circus Dreams Residency: Games/Balance/Movement Theatre 11:30 Lunch & 20 Questions & R&K Sub Sale 12:00 Halloween Wreath Workshop, Part #1 (\$15.00) 12:30 Seated Chair Volleyball 	10:00 Think First Presented by WellSpan Health 11:30 Lunch & R&K Sub Sale 12:00 Strength & Balance Chair Yoga w/ Stephanie 12:00 Halloween Wreath Workshop, Part #2 12:30 Wii Bowling 2:00-4:00 STARS Program: Christmas Card Ornaments w/ Mary J. Miller (Newsletter)	9:00-2:00 Yarn Crafters 9:30-11:00 Blood Pressure Checks by Family First 10:00-11:00 Flu Clinic Presented by Rite Aid 10:30-11:15 Zumba Gold® w/ Heather Cintron 11:30 Lunch & R&K Sub Sale 12:00 Halloween Wreath Workshop, Part #3	9:00-2:00 Yarn Crafters 10:00-1:00 Commodity Supplemental Food Box for Seniors with the Cheese Distribution (Must come inside for your box), Puzzle Packets 11:30 Picnic Lunch 12:00-2:00 York Fresh Food Farms Mobile Produce Market <i>National Be Nice Day</i>	9:30 Left, Center, Right 10:00 Pinecone Candycorn Front Door Swag 11:30 Lunch & R&K Sub Sale 12:00 Chair Yoga w/ Stephanie 1:00 Minute To Win It Games 	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	
<b>Columbus Day</b> Center is Closed 	10:00 Aetna w/ Kiara 11:30 Lunch & R&K Sub Sale 12:00 Strength & Balance Chair Yoga w/ Stephanie 12:30 Wii Bowling 2:00-4:00 STARS Program: No Sew Christmas Ornament 	9:00-2:00 Yarn Crafters 9:30 PA Health & Wellness Trivia w/ Tina 10:00 Hot Dog Sale (\$1.50) 10:30-11:15 Zumba Gold® w/ Heather Cintron 11:30 Lunch & R&K Sub Sale 12:00 Family Feud 	9:00-2:00 Yarn Crafters 10:00 Fresh Express & York City Health Bureau Table Event 11:30 Picnic Lunch & R&K Sub Sale 12:00-2:00 York Fresh Food Farms Mobile Produce Market 	10:00 Wooden Pumpkin Craft w/ Mike Inners 10:30 Circus Dreams Residency: Poi 11:30 Lunch & R&K Sub Sale 12:00 Chair Yoga w/ Stephanie 12:30 Painted Jack-O-Lantern Wine Glasses 12:30 Wii Bowling <i>Breast Cancer Awareness Day: Wear your Pink!</i>	
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	
9:30 World Singing Day: Sing Along 10:30 Circus Dreams Residency: Games/Balance/Movement Theatre 11:30 Lunch & R&K Sub Sale 12:00 Pumpkin Painted Wine Bottles 12:30 Seated Chair Volleyball 	10:00 Highmark Wholecare w/ Billie Jo 11:30 Lunch & R&K Sub Sale 12:00 Strength & Balance Chair Yoga w/ Stephanie 12:30 Jeopardy! WRSC vs South Central 	9:00-2:00 Yarn Crafters No Zumba Gold® 10:00 Jeopardy! 11:30 Lunch & R&K Sub Sale 12:00 Name That Tune 2:00-4:00 STARS Program: Fall Gourd Stack (See Newsletter) 	<b>Staff Training</b> Center is Closed  12:00-2:00 York Fresh Food Farms Mobile Produce Market will still be located out front of the building.	10:30 Circus Dreams Residency: Poi 11:30 Lunch & R&K Sub Sale Orders & Money Due 12:00 Chair Yoga w/ Stephanie 12:00 Resin Art w/ Brian 12:30 Wii Bowling 	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	
9:30 Shut The Box 10:00 Fall Tree Decorating Contest 10:30 Circus Dreams Residency: Hoop Intro 11:30 Lunch 12:00 Painted Pumpkin Decor (\$2.00) 12:30 Seated Chair Volleyball 	9:30 Fall Tree Voting 10:00 Blind Taste Test Challenge (\$1.00) 11:00-1:30 STARS Program: Bingo & Lunch @ Hoss's Steak and Seahouse (See Newsletter) 11:30 Lunch 12:00 Strength & Balance Chair Yoga w/ Stephanie 12:30 Wii Bowling	9:00-2:00 Yarn Crafters 9:30 Fall Tree Voting 10:00 Scarecrow Craft w/ Raquel 10:30-11:15 Zumba Gold® w/ Heather Cintron 11:30 Lunch 12:00 Heart Health Presentation by AmeriHealth w/ Lina 12:00 Now You Have It (Bring a New \$1.00 Item, Wrapped)	9:00-2:00 Yarn Crafters 10:00 Fresh Express 11:30 Picnic Lunch 12:00-2:00 York Fresh Food Farms Mobile Produce Market 12:00 Cards & Music 12:30 Fall Tree Voting 	9:30 Fall Tree Winner Announced 10:30 Circus Dreams Residency 11:30 Picnic Lunch 12:00 Chair Yoga w/ Stephanie  <b>Set Up For Cash Bingo</b>	
<b>30</b>	<b>31</b>				
9:30 Roll A Pumpkin 10:30 Circus Dreams Residency: Hoop Skills/Games 11:30 Lunch & R&K Sub Delivery 12:00 Bean Boozled! 12:30 Seated Chair Volleyball 	10:00 Halloween Bash (Wear your Costumes) 11:00 Trick or Treat Candy Game (Bring Your Dimes!) 11:30 Lunch 12:00 Strength & Balance Chair Yoga w/ Stephanie 12:30 Anti-Inflammatory Diet Presentation & Bingo by Homeland at Home 				

