

**October
2018**

**SENIOR ACTIVITIES
CALENDAR**

Omar K. Lightfoot Recreation Center
10901 N. 56th Street
Temple Terrace, FL 33617
Phone: (813) 506-6635



Monday	Tuesday	Wednesday	Thursday	Friday
1 9 AM Silver Sneakers 9 AM Yoga—Stretch 10:30 AM Arthritis Exercise 12:15 PM Musical Bingo 2 PM Word Games	2 9:30 AM Tai Chi 10 AM GIFT Class 12:15 PM Bingo 1:30 PM Arthritis Exercise	3 9 AM Yoga—Stretch 10:30 AM Appy Hour: Help With Smart Phones 1 PM Card Bingo 2 PM Adult Coloring	4 9 AM Silver Sneakers 12:15 PM Bunco & Tea 1 PM Computer Tutoring 2 PM Ice Breaker Games	5 9 AM Field Trip Sign-up 10 AM Manicures 10 AM Bridge 10:30 AM Arthritis Exercise
8 9 AM Silver Sneakers 9 AM Yoga—Stretch 10:30 AM Arthritis Exercise 12:15 PM Musical Bingo 2 PM Word Games	9 9:30 AM Tai Chi 10 AM GIFT Class 12:15 PM Bingo by HUMANA 1:30 PM Arthritis Exercise	10 9 AM Yoga—Stretch 9:30 AM Line Dancing 10:30 AM Ceramics 1 PM Card Bingo 2 PM Adult Coloring 4:30 PM Ceramics	11 9 AM Silver Sneakers 10:05 AM Chair Yoga 10:30 AM Ceramics 12:15 PM Bunco & Tea 1 PM Computer Tutoring 2 PM Ice Breaker Games	12 10 AM Manicures 10 AM Bridge 10:30 AM Arthritis Exercise 12:15 PM Bingo
15 9 AM Silver Sneakers 9 AM Yoga—Stretch 10:30 AM Arthritis Exercise 12:15 PM Musical Bingo 2 PM Word Games	16 9:30 AM Tai Chi 10 AM GIFT Class 12:15 PM Bingo 1:30 PM Arthritis Exercise 2 PM Arts & Crafts	17 9 AM Yoga—Stretch 9:30 AM Line Dancing 10:30 AM Ceramics 10:30 AM Arts & Crafts with Michelle 1 PM Card Bingo 2 PM Adult Coloring 4:30 PM Ceramics	18 9 AM Silver Sneakers 10:05 AM Chair Yoga 10:30 AM Ceramics 12:15 PM Bunco & Tea 1 PM Computer Tutoring 2 PM Ice Breaker Games 7 PM Town Hall	19 10 AM Manicures 10 AM Bridge 10:30 AM Arthritis Exercise 12:15 PM Bingo
22 9 AM Field Trip Webster 9 AM Silver Sneakers 9 AM Yoga—Stretch 10:30 AM Arthritis Exercise 12:15 PM Musical Bingo 1:30 PM Arts & Crafts With Kelly	23 9:30 AM Tai Chi 10 AM GIFT Class 12:15 PM Bingo 1:30 PM Arthritis Exercise	24 9 AM Yoga—Stretch 9:30 AM Line Dancing 10:30 AM Ceramics 1 PM Card Bingo 2 PM Adult Coloring 4:30 PM Ceramics	25 9 AM Silver Sneakers 10:05 AM Chair Yoga 10:30 AM Ceramics 12:15 PM Bunco & Tea 1 PM Computer Tutoring 2 PM Ice Breaker Games	26 10 AM Manicures 10 AM Bridge 10:30 AM Arthritis Exercise 12:15 PM Bingo
29 9 AM Silver Sneakers 9 AM Yoga—Stretch 10:30 AM Arthritis Exercise 12:15 PM Musical Bingo 2 PM Word Games	30 9:30 AM Tai Chi 10 AM GIFT Class 12:15 PM Bingo 1:30 PM Arthritis Exercise	31 9 AM Yoga—Stretch 9:30 AM Line Dancing 10:30 AM Ceramics 11 AM Halloween Party 1 PM Card Bingo 2 PM Adult Coloring 4:30 PM Ceramics		

**Sponsoring events this
Month:**

Humana
Freedom Health
Care Plus Health

**October coffee
sponsored by:**



Note: Events listed in **bold** are new, sponsored, or not part of regular programming.