



October 2023

Clinton County Community Center
for Healthy Aging
Tara Coleman 570-858-5820

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9a Zumba Gold 9:30a HSIM</p> <p>10a Drawing with George 2:30p Line Dancing 2:30p Chair Yoga</p>	<p>3</p> <p>9a Use Your Noodle 5p Zumba</p>	<p>4</p> <p>9a Computer Class 2:30p Beginners Pickleball</p>	<p>5</p> <p>9a Use Your Noodle 9:30a Tai Chi Club 12:30p Cards</p>	<p>6</p> <p>9a Cards 9a Zumba Gold 9a Tech Savvy 9:30a HSIM 1p Music Jam 2:30p Beginners Pickleball</p>
<p>9</p> <p>9a Zumba Gold 9:30a HSIM</p> <p>10a Drawing with George 2:30p Line Dancing 2:30p Chair Yoga</p>	<p>10</p> <p>9a Use Your Noodle 5p Zumba</p>	<p>11</p> <p>9a Computer Class 1p Ceramics 2:30p Beginners Pickleball</p>	<p>12</p> <p>9a Use Your Noodle 9:30a Tai Chi Club 12:30p Cards 12:30p Gift Card Bingo</p>	<p>13</p> <p>9a Cards 9a Zumba Gold 9a Tech Savvy 9:30a HSIM 2:30p Beginners Pickleball</p>
<p>16</p> <p>9a Zumba Gold 9:30a HSIM</p> <p>10a Drawing with George 2:30p Line Dancing 2:30p Chair Yoga</p>	<p>17</p> <p>9a Use Your Noodle 9:30a TaiChi for Beginners 1p Movie Afternoon 5p Zumba</p>	<p>18</p> <p>9a Computer Class 2:30p Beginners Pickleball</p>	<p>19</p> <p>9a Use Your Noodle 9:30a Tai Chi Club 12:30p Cards</p>	<p>20</p> <p>9a Cards 9a Zumba Gold 9a Tech Savvy 9:30a HSIM 1p Music Jam 2:30p Beginners Pickleball</p>
<p>23</p> <p>9a Zumba Gold 9:30a HSIM</p> <p>10a Drawing with George 2:30p Line Dancing 2:30 Chair Yoga</p>	<p>24.</p> <p>9a Use Your Noodle 9:30a TaiChi for Beginners 1p Movie Afternoon 5p Zumba</p>	<p>25</p> <p>9a Computer Class 2:30p Beginners Pickleball</p>	<p>26</p> <p>9a Use Your Noodle 9:30a Tai Chi Club 11:30a Lunch and Learn with Lou– Ghost Stories 12:30p Cards</p>	<p>27</p> <p>9a Cards 9a Zumba Gold 9a Tech Savvy 9:30a HSIM 2:30p Beginners Pickleball</p>
<p>30</p> <p>9a Zumba Gold 9:30a HSIM</p> <p>10a Drawing with George 2:30p Line Dancing 2:30 Chair Yoga</p>	<p>31</p> <p>9a Use Your Noodle 9:30a TaiChi for Beginners 5p Zumba</p>		<p>Indoor Walking 8:30a-4p Monday-Friday</p>	<p>Join us for lunch! Served M-F at 11:30am</p> <p>Call to order a meal</p>