




Winter Haven Senior Adult Center  
 250 S. Lake Silver Dr. NW  
 Winter Haven, FL 33881  
 291-5870

# OCTOBER 2019

Jennifer Burke, Recreation Supervisor  
 Jackie Richardson, Recreation Leader  
 Jerry Mobley, Building Service Worker

Monday	Tuesday	Wednesday	Thursday	Friday
  	<p><b>1</b></p> <p><b>BREAST CANCER MONTH</b></p> <p>9 a.m. Shuffleboard</p> <p><b>9 a.m. Indoor Farmers Market</b></p> <p>9:30 a.m. Cornhole-Toss</p> <p>10:30 a.m. Wellness with Isabel            \$1 resident             \$2 non-resident</p> <p>12 noon Dominos</p> <p><b>Dance Social –</b>  <b>Every 3<sup>rd</sup> Tuesday</b></p>	<p><b>2</b></p> <p>9:30 a.m. Exercise</p> <p>10:30 a.m. Chair Yoga</p> <p>10:45 a.m. Bingo</p> <p>12 noon Pinochle</p> <p><b>Hand &amp; Foot players needed</b></p> <p>1 p.m. Painting Bee Social</p> <p>1 p.m. Quilting</p> <p>1:30 p.m. Chess</p> <p>1:30 p.m. Easy Tai Chi            \$4 resident/\$5 non-resident</p> <p><b>5-6 p.m. West Coast Swing</b>  <b>\$10 residents / \$11 non-residents</b></p> <p><b>6- 7 p.m. Ballroom Dance Classes</b>  <b>\$10 residents / \$11 non-residents</b></p>	<p><b>3</b></p> <p>10:30 a.m. Wellness with Isabel            \$1 resident            \$2 non-resident</p> <p>12 noon Pinochle</p> <p><b>Hand &amp; Foot players needed</b></p> <p><b>1 p.m. Mah Jongg players needed</b></p> <p>1:30 p.m. Beginning Line Dance            \$4 resident            \$5 non-resident</p>	<p><b>4</b></p> <p>9:30 a.m. Corn hole Toss</p> <p>9:30 a.m. Exercise</p> <p>10:30 a.m. Chair Yoga</p> <p>12 noon Dominos</p> <p>1 p.m. Quilting</p> <p>1:30 p.m. Chess</p>
	<p><b>7</b></p> <p>9:30 a.m. Exercise</p> <p>10:45 a.m. Bingo</p> <p>10:45 a.m. Wellness Cardio with Marie            \$1 resident             \$2 non-resident</p> <p><b>1 p.m. Bridge players needed</b></p> <p>1 p.m. Mixed Media Painting            \$10 resident/            \$11 non-resident</p>	<p><b>8</b></p> <p>9 a.m. Shuffleboard</p> <p><b>9 a.m. Indoor Farmers Market</b></p> <p>9:30 a.m. Cornhole-Toss</p> <p>10:30 a.m. Wellness with Isabel            \$1 resident             \$2 non-resident</p> <p>12 noon Dominos</p> <p><b>Dance Social –</b>  <b>Every 3<sup>rd</sup> Tuesday</b></p>	<p><b>9</b></p> <p>9:30 a.m. Exercise</p> <p>10:30 a.m. Chair Yoga</p> <p>10:45 a.m. Bingo</p> <p>12 noon Pinochle</p> <p><b>Hand &amp; Foot players needed</b></p> <p>1 p.m. Painting Bee Social</p> <p>1 p.m. Quilting</p> <p>1:30 p.m. Chess</p> <p>1:30 p.m. Easy Tai Chi            \$4 resident/\$5 non-resident</p> <p><b>5-6 p.m. West Coast Swing</b>  <b>\$10 residents / \$11 non-residents</b></p> <p><b>6- 7 p.m. Ballroom Dance Classes</b>  <b>\$10 residents / \$11 non-residents</b></p>	<p><b>10</b></p> <p>10:30 a.m. Wellness with Isabel            \$1 resident            \$2 non-resident</p> <p>12 noon Pinochle</p> <p><b>Hand &amp; Foot players needed</b></p> <p><b>1 p.m. Mah Jongg players needed</b></p> <p>1:30 p.m. Beginning Line Dance            \$4 resident            \$5 non-resident</p>
<p><b>14</b></p> <p>9:30 a.m. Exercise</p> <p>10:45 a.m. Wellness Cardio with Marie            \$1 resident             \$2 non-resident</p> <p><b>1 p.m. Bridge players needed</b></p> <p>1 p.m. Mixed Media Painting            \$10 resident/            \$11 non-resident</p>	<p><b>15</b></p> <p>9 a.m. Shuffleboard</p> <p><b>9 a.m. Indoor Farmers Market</b></p> <p>9:30 a.m. Cornhole-Toss</p> <p>10:30 a.m. Wellness with Isabel            \$1 resident             \$2 non-resident</p> <p>10:30 a.m. <b>Presentation</b>   <b>Breast Cancer Awareness</b></p> <p>12 noon Dominos</p> <p><b>Dance Social –</b>  <b>Every 3<sup>rd</sup> Tuesday</b>  <b>Starting 10/15/19</b></p>	<p><b>16</b></p> <p>9:30 a.m. Exercise</p> <p>10:30 a.m. Chair Yoga</p> <p>10:45 a.m. Bingo</p> <p>12 noon Pinochle</p> <p><b>Hand &amp; Foot players needed</b></p> <p>1 p.m. Painting Bee Social</p> <p>1 p.m. Quilting</p> <p>1:30 p.m. Chess</p> <p>1:30 p.m. Easy Tai Chi            \$4 resident/\$5 non-resident</p> <p><b>5-6 p.m. West Coast Swing</b>  <b>\$10 residents / \$11 non-residents</b></p> <p><b>6- 7 p.m. Ballroom Dance Classes</b>  <b>\$10 residents / \$11 non-residents</b></p>	<p><b>17</b></p> <p><b>9 a.m. Shuffleboard Tournament</b></p> <p>10:30 a.m. Wellness with Isabel            \$1 resident            \$2 non-resident</p> <p><b>10:30 a.m. Presentation</b>   <b>Knowing Medicare &amp; Medicaid</b></p> <p>12 noon Pinochle</p> <p><b>Hand &amp; Foot players needed</b></p> <p><b>1 p.m. Mah Jongg players needed</b></p> <p>1:30 p.m. Beginning Line Dance            \$4 resident            \$5 non-resident</p>	<p><b>18</b></p> <p><b>9 a.m. Shuffleboard Tournament</b></p> <p>9:30 a.m. Corn hole Toss</p> <p>9:30 a.m. Exercise</p> <p>10:30 a.m. Chair Yoga</p> <p>12 noon Dominos</p> <p>1 p.m. Quilting</p> <p>1:30 p.m. Chess</p>

<p style="text-align: right;"><b>21</b></p> <p>9:30 a.m. Exercise 10:45 a.m. Wellness Cardio with Marie \$1 resident \$2 non-resident</p> <p>10:45 a.m. Bingo 12:30 p.m. AARP Defensive Driving Class <b>Sign-up Required</b></p> <p><b>1 p.m. Bridge players needed</b> 1 p.m. Mixed Media Painting \$10 resident/ \$11 non-resident</p>	<p style="text-align: right;"><b>22</b></p> <p>9 a.m. Shuffleboard <b>9 a.m. Indoor Farmers Market</b> 9:30 a.m. Cornhole-Toss 10:30 a.m. Wellness with Isabel \$1 resident \$2 non-resident</p> <p>12 noon Dominos 12:30 p.m. AARP Defensive Driving Class <b>Sign-up Required</b></p> <p>1 p.m. Health &amp; Wellness Kidney Disease</p> <p style="text-align: center;"><b>Dance Social – Every 3<sup>rd</sup> Tuesday</b></p>	<p style="text-align: right;"><b>23</b></p> <p>9:30 a.m. Exercise 10:30 a.m. Chair Yoga 10:45 a.m. Bingo 12 noon Pinochle</p> <p style="text-align: center;"><b>Hand &amp; Foot players needed</b></p> <p>1 p.m. Painting Bee Social 1 p.m. Quilting 1:30 p.m. Chess 1:30 p.m. Easy Tai Chi \$4 resident/ \$5 non-resident</p> <p><b>5-6 p.m. West Coast Swing \$10 residents / \$11 non-residents</b> <b>6- 7 p.m. Ballroom Dance Classes \$10 residents / \$11 non-residents</b></p>	<p style="text-align: right;"><b>24</b></p> <p>10:30 a.m. Wellness with Isabel \$1 resident \$2 non-resident</p> <p>12 noon Pinochle</p> <p style="text-align: center;"><b>Hand &amp; Foot players needed</b></p> <p><b>1 p.m. Mah Jongg players needed</b> 1:30 p.m. Beginning Line Dance \$4 resident \$5 non-resident</p>	<p style="text-align: right;"><b>25</b></p> <p>9:30 a.m. Corn hole Toss 9:30 a.m. Exercise 10:30 a.m. Chair Yoga</p> <p><b>10:30 a.m. Day Trip -  Olive Garden Restaurant</b> <b>Sign up required</b></p> <p>12 noon Dominos 1 p.m. Quilting 1:30 p.m. Chess</p>
<p style="text-align: right;"><b>28</b></p> <p>9:30 a.m. Exercise <b>10 a.m. Dance Social  Entertainment by Music Makers (Ed &amp; Dee)</b></p> <p>10:45 a.m. Wellness Cardio with Marie \$1 resident \$2 non-resident</p> <p><b>1 p.m. Bridge players needed</b> 1 p.m. Mixed Media Painting \$10 resident/ \$11 non-resident</p>	<p style="text-align: right;"><b>29</b></p> <p>9 a.m. Shuffleboard <b>9 a.m. Indoor Farmers Market</b> 9:30 a.m. Cornhole-Toss 10:30 a.m. Wellness with Isabel \$1 resident \$2 non-resident</p> <p>12 noon Dominos 12:30 p.m. AARP Defensive Driving Class <b>Sign-up Required</b></p> <p>1 p.m. Health &amp; Wellness Kidney Disease</p> <p style="text-align: center;"><b>Dance Social – Every 3<sup>rd</sup> Tuesday</b></p>	<p style="text-align: right;"><b>30</b></p> <p>9:30 a.m. Exercise 10:30 a.m. Chair Yoga 10:45 a.m. Bingo 12 noon Pinochle</p> <p style="text-align: center;"><b>Hand &amp; Foot players needed</b></p> <p>1 p.m. Painting Bee Social 1 p.m. Quilting 1:30 p.m. Chess 1:30 p.m. Easy Tai Chi \$4 resident/ \$5 non-resident</p> <p><b>5-6 p.m. West Coast Swing \$10 residents / \$11 non-residents</b> <b>6- 7 p.m. Ballroom Dance Classes \$10 residents / \$11 non-residents</b></p>	<p style="text-align: right;"><b>31</b></p> <p>10 a.m. <b>Entertainment by The Music Makers Halloween Dance (wear Halloween Costume)</b></p> <p>10:30 a.m. Wellness with Isabel \$1 resident \$2 non-resident</p> <p>12 noon Pinochle</p> <p style="text-align: center;"><b>Hand &amp; Foot players needed</b></p> <p><b>1 p.m. Mah Jongg players needed</b> 1:30 p.m. Beginning Line Dance \$4 resident \$5 non-resident</p>	<p style="text-align: center;"><b>Senior Center Computer Lab</b></p> <p style="text-align: center;"><b>Available For Daily Use</b></p> <p style="text-align: center;"><b>Wii Sports &amp; Wii Fit Available</b></p>

\*\*All programs are subject to change without notice