





Winter Haven Senior Adult Center
 250 S. Lake Silver Dr. NW
 Winter Haven, FL 33881
 863/291-5870



OCTOBER 2021



Jennifer Burke, Recreation Supervisor
 Jackie Richardson, Recreation Leader
 Mike Williams, Building Service Worker

Monday	Tuesday	Wednesday	Thursday	Friday
<p>DUE TO CORONAVIRUS HOURS OF OPERATION Mon-Fri 9am – 12noon Open Social Time</p> <p>Only instructional Program open after 12noon</p>	 <p>FACE MASK Encourage</p>	 <p>HOPE</p>	 <p>IT STARTS IN PARKS <small>Coaching. Connecting. Community.</small></p>	<p>BREAST CANCER MONTH</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 12noon Quilting</p>
<p>4</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 12:30 p.m. Mixed Media Painting \$10 resident/ \$11 non-resident</p>	<p>5</p> <p>9am-12noon Open Social 9:30 a.m. Wellness with Deanna \$1 resident  \$2 non-resident</p>	<p>6</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 10:45 a.m. Bingo 10:30 a.m. Chair Yoga 1:30 p.m. Easy Tai Chi</p>	<p>7</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 1:30 p.m. Beginning Line Dance \$4 resident \$5 non-resident</p>	<p>8</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 12noon Quilting</p>
<p>11</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 12:30 p.m. Mixed Media Painting \$10 resident/ \$11 non-resident</p>	<p>12</p> <p>9am-12noon Open Social 9:30 a.m. Wellness with Deanna \$1 resident  \$2 non-resident</p>	<p>13</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 1:30 p.m. Easy Tai Chi</p>	<p>14</p> <p>9 a.m. Shuffleboard Tournament 9am-12noon Open Social 9:30 a.m. Exercise 1:30 p.m. Beginning Line Dance \$4 resident \$5 non-resident</p>	<p>15</p> <p>9 a.m. Shuffleboard Tournament 9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 12noon Quilting</p>

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

<p style="text-align: right;">18</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 12:30 p.m. Mixed Media Painting \$10 resident/ \$11 non-resident</p>	<p style="text-align: right;">19</p> <p>9am-12noon Open Social 9:30 a.m. Wellness with Deanna \$1 resident  \$2 non-resident</p>	<p style="text-align: right;">20</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 10:45 a.m. Bingo 10:30 a.m. Chair Yoga 1:30 p.m. Easy Tai Chi</p>	<p style="text-align: right;">21</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 1:30 p.m. Beginning Line Dance \$4 resident \$5 non-resident</p>	<p style="text-align: right;">22</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 12noon Quilting</p>
<p style="text-align: right;">25</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 12:30 p.m. Mixed Media Painting \$10 resident/ \$11 non-resident</p>	<p style="text-align: right;">26</p> <p>9am-12noon Open Social 9:30 a.m. Wellness with Deanna \$1 resident  \$2 non-resident</p>	<p style="text-align: right;">27</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 1:30 p.m. Easy Tai Chi</p>	<p style="text-align: right;">29</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 1:30 p.m. Beginning Line Dance \$4 resident \$5 non-resident</p>	<p style="text-align: right;">30</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 12noon Quilting</p>