City of Helena

Senior Citizens Calendar

October Calendar

Monday	Tuesday	Wed.	Thurs.	<u>Fri.</u>
3.	4.	5.	6.	7.
	9:45am Exercise			4:30pm
	Class (Silver			Potluck and Cards
	Sneakers)			(Dinner provided
				by City on 1 st
	10:45am YOGA			Friday)
				Triady)
10.	11.	12.	13.	14.
	9:45am			4:30pm
	Exercise Class			Potluck and Cards
	(Silver Sneakers)			
	10:45am YOGA			
17.	18.	19.	20.	21.
	9:45am		10am	4:30pm
	Exercise Class		BINGO and	Potluck and Cards
	(Silver Sneakers)		LUNCH	
	10:45am YOGA			
24.	25.	26.	27.	28.
24.	9:45am	20.	27.	4:30pm
	Exercise Class			Potluck and Cards
	(Silver Sneakers)			Polluck and Cards
	(enrer enreamers)			
	10:45am YOGA			
30.	31.			
	9:45am			
	Exercise Class			
	(Silver Sneakers)			
	10:45am YOGA			

For questions, please contact Lilly Clayton at 205.620.2877 Lclayton@cityofhelena.org