

City of Helena

Senior Citizens Calendar

October Calendar

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

For questions, please contact Lilly Clayton at 205.620.2877

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