

October

TAP Program-The Active People

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pickleball (1 Court) & Walking are Daily Activities					1 South Rec 9:00a.m.-Noon 10:00-11:00 Chair Exercise	2 National Name Your Car Day 
3 National Golf Lover's Day 	4 South Rec 9:00a.m.-Noon 10:00-11:00 Chair Yoga 11:00-12:00 Library	5 South Rec 9:00a.m.-Noon 9:30-10:30 Line Dancing 10:30-11:30 Chair Exercise	6 South Rec 9:00a.m.-Noon 10:00-11:00 Chair Yoga	7 South Rec 9:00a.m.-Noon 9:30-10:30 Line Dancing 10:30-11:30 Chair Zumba	8 South Rec 9:00a.m.-Noon 10:00-11:00 Chair Exercise	9 National Chess Day 
10 World Mental Health Day 	11 NO PROGRAMMING Columbus Day	12 South Rec 9:00a.m.-Noon 9:30-10:30 Line Dancing 10:30-11:30 Chair Exercise	13 South Rec 9:00a.m.-Noon 10:00-11:00 Chair Yoga	14 South Rec 9:00a.m.-Noon 9:30-10:30 Line Dancing	15 South Rec 9:00a.m.-Noon 10:00-11:00 Chair Exercise	16 National Handbag Day 
17 National Pasta Day 	18 South Rec 9:00a.m.-Noon 10:00-11:00 Chair Yoga	19 South Rec 9:00a.m.-Noon 9:30-10:30 Line Dancing 10:30-11:30 Chair Exercise	20 South Rec 9:00a.m.-Noon 10:00-11:00 Chair Yoga	21 South Rec 9:00a.m.-Noon 9:30-10:30 Line Dancing	22 South Rec 9:00a.m.-Noon 10:00-11:00 Chair Exercise	23 National Boston Crème Pie Day 
24 National Food Day 	25 South Rec 9:00a.m.-Noon 10:00-11:00 Chair Yoga	26 South Rec 9:00a.m.-Noon 9:30-10:30 Line Dancing 10:30-11:30 Chair Exercise	27 South Rec 9:00a.m.-Noon 10:00-11:00 Chair Yoga	28 South Rec 9:00a.m.-noon 9:30-10:30 Line Dancing	29 South Rec 9:00a.m.-noon 10:00-11:00 Chair Exercise	30 National Candy Corn Day 
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SUBJECT TO CHANGE