

October

2026

Monday/Wednesday at St. Martin UCC, 11am-2pm-and Tuesday/Thursday at Jefferson Co Library NW Branch, 12:30pm-2pm
Please submit lunch orders by 2:30pm on Wednesday one week prior to programming by form, phone, or www.agingahead.org.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 12:30pm Lunch and BINGO	2 no programming
5 11a Tai Chi Exercise 12p Lunch 12:30p Games and Cards	6 12:30pm Lunch and BINGO	7 Line Dancing 11a Beginner 12p Lunch 12:30p Games and Cards	8 12:30pm Lunch and BINGO	9 no programming
12 11a Tai Chi Exercise 12p Lunch 12:30p Games and Cards	13 12:30pm Lunch and BINGO	14 Line Dancing 11a Beginner 12p Lunch 12:30p NEW Exercise Class &Games/Cards	15 12:30pm Lunch and BINGO	16 no programming
19 11a Tai Chi Exercise 12p Lunch 12:30p NEW Exercise Class &Games/Cards	20 12:30pm Lunch and BINGO	21 Line Dancing 11a Beginner 12p Lunch 12:30p NEW Exercise Class &Games/Cards	22 12:30pm Lunch and BINGO	23 no programming
26 11a Tai Chi Exercise 12p Lunch 12:30p NEW Exercise Class &Games/Cards	27 12:30pm Lunch and BINGO	28 Fall Costume Party Costume contest, cupcakes, punch and prizes. 11a-2p 	29 12:30pm Lunch and BINGO Presenter: Trisha Miller on "Personal Empowerment"	30 no programming