

October		Aging Ahead- Quad Cities			2026	
		1511 Park Drive Crystal City, MO 63019				
		636-937-8333				
		Tuesday	Wednesday	Thursday	Friday	
		Lunch is served daily 11:30 <i>The suggested donation for all senior meals is \$8.00</i> <i>All donations are appreciated</i>	Center hours of operation Monday-Friday 9am-1pm	1 Crafts with Shelley 9:30-11:30 	2 <i>Virtual Fitness</i> 9:00-9:30 Hugs and Mugs coffee talk Bring Show & Tell Mobility Products 9:30-10:30 	
5 <i>Bingo</i> <u>\$3 or bring 2 prizes</u> <i>Theme: White Elephant</i> <i>(wrap your prize)</i> 10:00-11:00 	6 SUPPORT Committee meeting 9:30-10:30  <i>Exercise with Faith</i> 10:30-11:30	7 Non-denominational Bible Study 9:30-10:30 	8 Fall Card Making for the homebound 9:30-11:30 	9 <i>Virtual Fitness</i> 9:00-9:30 Runicub 9:30-12:30 		
12 <i>Bingo</i> <u>\$3 or bring 2 prizes</u> <i>Theme: Snack Attack</i> 10:00-11:00 	13 <i>Exercise with Faith</i> 10:30-11:30 	14 Non-denominational Bible Study 9:30-10:30 	15 <i>Bingo with St. Croix</i> 10:00-11:00 	16 <i>Virtual Fitness</i> 9:00-9:30 Hugs and Mugs coffee talk 9:30-10:30 <i>Game Day</i> 9:30-12:30 		
19 <i>Bingo</i> <u>\$3 or bring 2 prizes</u> <i>Theme: Pantry</i> 10:00-11:00 	20 <i>Exercise with Faith</i> 10:30-11:30 	21 Non-denominational Bible Study 9:30-10:30 	22 <i>Bingo with Autumn Ridge</i> 10:00-11:00 	23 <i>Virtual Fitness</i> 9:00-9:30 <i>Birthday party</i> 10:00-11:00 		
26 <i>Bingo</i> <u>\$3 or bring 2 prizes</u> <i>Theme: Anything Goes</i> 10:00-11:00 	27 <i>Exercise with Faith</i> 10:30-11:30 	28 Non-denominational Bible Study 9:30-10:30 	29 Movie day 9:00-11:30 Practical Magic 	30 Halloween Trivia 9:30-10:30 <u>COSTUMES ENCOURAGED</u> 		