

October



2026

Sullivan Choice 730 West Main St. Sullivan, MO. 63080 - (573) 468-3766 - Center Hours: 9am-2pm - Milk is offered with each meal. Suggested donation is \$8 for those 60 and over. The cost of an Aging Ahead meal is \$12 for those under 60 years old. Lunch Reservations are required.

Monday	Tuesday	Wednesday	Thursday	Friday
			Chair Workout 9:30am 1 Bingo - Support Committee 10:00-11:30am SC Meeting 12:00pm Lunch 11:30am	2
Chair Workout 9:30am 5 Wits Workout 1 of 5 Maria - MU 10:00-11:00am Lunch 11:30am	6	7	Chair Workout 9:30am 8 Bingo - Support Committee 10:00-11:30am Mercy-Flu Shot Clinic 9-11am Lunch 11:30am	9
Chair Workout 9:30am 12 Wits Workout 2 of 5 Maria - MU 10:00-11:00am Lunch 11:30am	13	14	Chair Workout 9:30am 15 Bingo - Support Committee 10:00-11:30am Birthday Cake & Ice Cream Lunch 11:30am	16
Chair Workout 9:30am 19 Wits Workout 3 of 5 Maria - MU 10:00-11:00am Lunch 11:30am	20	21	Chair Workout 9:30am 22 Bingo - Support Committee 10:00-11:30am Lunch 11:30am	23
Chair Workout 9:30am 26 Wits Workout 4 of 5 Maria - MU 10:00-11:00am Lunch 11:30am	27	28	Chair Workout 9:30am 29 Bingo - Support Committee 10:00-11:30am Halloween Party Lunch 11:30am	Halloween - 10/31 30 