

| October                                                                                                                                                                                                                                                                               |  | Aging Ahead - Wentzville Center Activities                                                     |  |                                                                                                                             |  |                                                                                       |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------|--|---------------------------------------------------------------------------------------|--|
|                                                                                                                                                                                                                                                                                       |  | LUNCH RESERVATIONS REQUIRED 636.327.8720                                                       |  |                                                                                                                             |  |                                                                                       |  |
|                                                                                                                                                                                                                                                                                       |  | LUNCH IS SERVED 11:30                                                                          |  |                                                                                                                             |  |                                                                                       |  |
| Monday                                                                                                                                                                                                                                                                                |  | Tuesday                                                                                        |  | Wednesday                                                                                                                   |  | Thursday                                                                              |  |
| <div></div> <div>Monthly Dance</div> <div>Saturday, October 17th, 6-9pm</div> <div>Dave and Roy</div> <div></div> |  | 1                                                                                              |  | Intro to Line Dancing 9am<br>Line Dancing 9:30am                                                                            |  | 2                                                                                     |  |
| 5                                                                                                                                                                                                                                                                                     |  | 6                                                                                              |  | 7                                                                                                                           |  | 8                                                                                     |  |
| Open Line Dancing<br>(No instruction)<br>9-10:15am                                                                                                                                                                                                                                    |  | Support Committee Meeting<br>Exercise with Katie 10am<br>Table Game Day 10:30am                |  | Mexican Train 9:30am<br>Dominoes                                                                                            |  | Intro to Line Dancing 9am<br>Line Dancing 9:30am                                      |  |
|                                                                                                                                                                                                      |  | <br>12:15pm   |  | <br>Card Games                           |  |    |  |
| 12                                                                                                                                                                                                                                                                                    |  | 13                                                                                             |  | 14                                                                                                                          |  | 15                                                                                    |  |
| Karaoke<br>9:30-11:30am                                                                                                                                                                                                                                                               |  | Activity Meeting 9am<br>Exercise with Katie 10am<br>Corn Hole Tournament 10:15am               |  | Veterans Coffee Talk<br>9am                                                                                                 |  | Intro to Line Dancing 9am<br>Line Dancing 9:30am                                      |  |
|                                                                                                                                                                                                      |  | <br>12:15pm   |  | <br>Mexican Train 9:30am<br>Card Games   |  |    |  |
| 19                                                                                                                                                                                                                                                                                    |  | 20                                                                                             |  | 21                                                                                                                          |  | 22                                                                                    |  |
| Coffee and Tea 9 am                                                                                                                                                                                                                                                                   |  | Exercise 9:30am<br>Floor Yathzee 10:15am                                                       |  | Mexican Train 9:30am<br>Dominoes                                                                                            |  | Intro to Line Dancing 9am<br>Line Dancing 9:30am                                      |  |
|                                                                                                                                                                                                    |  | <br>12:15pm |  | <br>Card Games                         |  |  |  |
| 26                                                                                                                                                                                                                                                                                    |  | 27                                                                                             |  | 28                                                                                                                          |  | 29                                                                                    |  |
| Coffee and Tea 9 am                                                                                                                                                                                                                                                                   |  | Exercise with Katie 9:30am<br>Pumpkin Shoot 10:15am                                            |  | DAR<br>Veterans Coffee Talk 9am                                                                                             |  | Intro to Line Dancing 9am<br>Line Dancing 9:30am                                      |  |
|                                                                                                                                                                                                    |  | <br>12:15pm |  | <br>Mexican Train 9:30am<br>Card Games |  |  |  |
|                                                                                                                                                                                                                                                                                       |  |                                                                                                |  |                                                                                                                             |  | 30                                                                                    |  |

# 2026

***Friday***

Exercise 9:30am  
Horse Races 10:30am



12:15pm

Exercise 9:30am  
Senior Spotlight 10am  
Senior Birthday Party  
Scott Lavtham Duo 10:30am



12:15pm

Exercise 9:30am  
Beach volleyball 10:15am



12:15pm

Exercise W/Katie 9:30am  
Senior Spotlight 10am  
Halloween Trivia 10:30am



12:15pm

Exercise 9:30am  
Halloween Party  
W/ Dennis Brickey 10am



12:15 PM