

October

Aging Ahead St. Charles - Senior Center Activities

1455 Fairgrounds Road St. Charles, MO 63301

2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



PLEASE CALL THE
CENTER FOR LUNCH
RESERVATIONS.
THANK YOU!
636-949-0658



10AM: Tai Chi



LUNCH 11:00AM - 11:30AM

9AM: Quilting Group
10AM: BINGO
12PM: Exercise Video

LUNCH 11:00AM - 11:30AM

5

9AM: Woodcarvers
9AM: Farkle, Rummikub

LUNCH 11:00AM - 11:30AM

6

Board Games, Puzzles, Cards
Pool Table
10AM: Bible Study

LUNCH 11:00AM - 11:30AM

7

9AM: Quilting Group
10AM: BINGO
11AM: Music with Denny

LUNCH 11:00AM - 11:30AM

8

10AM: Tai Chi



LUNCH 11:00AM - 11:30AM

9

9AM: Quilting Group
10AM: BINGO
11:30AM: Lunch & Learn
10 Warning Signs of Alzheimer's

LUNCH 11:00AM - 11:30AM

12

9AM: Woodcarvers
9AM: Farkle, Rummikub

LUNCH 11:00AM - 11:30AM

13

Board Games, Puzzles, Cards
10AM: Bible Study
10AM: Smart Phone Class



LUNCH 11:00AM - 11:30AM

14

9AM: Quilting Group
10AM: BINGO
11AM: Music with Denny
12PM: Support Committee Meeting

LUNCH 11:00AM - 11:30AM

15

10AM: Tai Chi



LUNCH 11:00AM - 11:30AM

16

9AM: Quilting Group
10AM: Birthday Party/Elvis
12PM: Exercise Video



LUNCH 11:00AM - 11:30AM

19

9AM: Woodcarvers
9AM: Farkle, Rummikub
10AM: Chair Yoga



LUNCH 11:00AM - 11:30AM

20

Board Games, Puzzles, Cards
Pool Table
10AM: Bible Study

LUNCH 11:00AM - 11:30AM

21

9AM: Quilting Group
10AM: BINGO
11AM: Music with Denny

LUNCH 11:00AM - 11:30AM

22

10AM: Tai Chi



LUNCH 11:00AM - 11:30AM

23

9AM: Quilting Group
10AM: BINGO
11:30AM: Lunch & Learn
MO SHIP Medicare Presentation

LUNCH 11:00AM - 11:30AM

26

9AM: Woodcarvers
9AM: Farkle, Rummikub
10AM: Chair Yoga



LUNCH 11:00AM - 11:30AM

27

Board Games, Puzzles, Cards
Pool Table
10AM: Bible Study

LUNCH 11:00AM - 11:30AM

28

9AM: Quilting Group
10AM: BINGO
11AM: Music with Denny

LUNCH 11:00AM - 11:30AM

29

10AM: Tai Chi

10AM-2PM: Medicare Open Enrollment



LUNCH 11:00AM - 11:30AM

30

9AM: Quilting Group
10AM: BINGO/HALLOWEEN PARTY
12PM: Exercise Video



LUNCH 11:00AM - 11:30AM