


OCTOBER 2019

MON	TUE	WED	THU	FRI
	1. 10:00 Franklin Township Senior Club Meeting 1:30 Line Dancing (Rm 3) 3:00 Healthy Bones (Rm 3)	2. 9:30 Hi-Steppers Practice (Rm 1) 12:00 Franklin Park Senior Club Meeting	3. 8:30a – 4:00p Open Mahjong (Card/Billiards Rms.) 9:30 Zumba Gold (Rm 1,2)(\$) 9:30 AM Walking Club 10-4:00 Pinochle (Craft Rm) 10:30 Sit & Fit (Rm 3) 10:40 Yoga Fusion (Rm 1,2) (\$)	4. 9:00 Functional Fitness (Rm 1)(\$) 9:30 Gentle Yoga (Rm 3) (\$) 10:05-11:15 Healthy Bones (Rm 2) (County Program)(\$) 10:30- Tai Chi for Beginners (Rm 1)(\$) 11:00 Chair Yoga (Rm 3) (\$) 11:45 Healthy Bones (Rm2)(County program \$) 12 Noon- Tai Chi Beyond Beginners (Rm 1) (\$) 1:30 PM Swingin Singin Seniors (Rm 3)
	7. 9:30 Hi-Steppers Practice (Rm 1) 10:00 Yoga Fusion (Rm 2)(\$) 10:30 Parkside Senior Club Meeting- Rm 3 10:30 Healthy Bones (Craft Rm) 12 pm Zumba Gold (Rms 1,2)(\$) 12 pm Knitting/Crocheting Club with Pat (Reading Room) 12:45 -2:00 Healthy Bones (Craft Rm.)(Cty. Prog.)(\$) 1:15 Zumba Gold (Rm 1)(\$) 1:30 – 2:30 Ladies Billiards	8. 10:00 Franklin Township Senior Club Meeting 1:30 Line Dancing (Rm 3) 3:00 Healthy Bones (Rm 3)	9. 9:30 Hi-Steppers Practice (Rm 1) 12:00 Franklin Park Senior Club Meeting	10. 8:30a – 4:00p Open Mahjong (Card/Billiards Rms.) 9:30 Zumba Gold (Rms 1,2)(\$) 10-4:00 Pinochle (Craft Rm) 10:30 Sit & Fit (Rm 3) 10:40 Yoga Fusion (Rm 1,2)(\$) <i>12:00 "Let's Talk Nutrition" Lunch and Learn (must be pre-registered to attend) (Rm 3)</i>
14. 9:30 Hi-Steppers Practice (Rm 1) 10:00 Yoga Fusion (Rm 2)(\$) 10:30 Park- Rm 3side Senior Club Meeting 10:30 Healthy Bones(Craft Rm) 12 pm Zumba Gold (Rms 1,2)(\$) 12 pm Knitting/Crocheting Club with Pat (Reading Room) 12:45 -2:00 Healthy Bones (Craft Rm.)(Cty. Prog.)(\$) 1:15 Zumba Gold (Rm 1)(\$) 1:30 – 2:30 Ladies Billiards	15. 10:00 Franklin Township Senior Club Meeting 12:00 United Seniors Mtg. 1:30 Line Dancing (Rm 3) 3:00 Healthy Bones (Rm 3)	16. 9:30 Hi-Steppers Practice (Rm 1) 12:00 Franklin Park Senior Club Meeting <i>9-11 AM -Flu Clinic (Bring proof of age, proof of address, and wear short sleeves). Sponsored by the Somerset Cty. Dept. of Health</i>	17. 8:30a – 4:00p Open Mahjong (Card/Billiards Rms.) 9:30 Zumba Gold (Rms 1, 2)(\$) 9:30 Walking Club 10-4:00 Pinochle (Craft Rm) 10:30 Sit & Fit (Rm 3) 10:40 Yoga Fusion (Rm 1,2) (\$)	18. 9:00 Functional Fitness (Rms 1)(\$) 9:30 Gentle Yoga (Rm3)(\$) 10:00 Senior Advisory Mtg. 10:05-11:15 Healthy Bones (Rm 2) (County Program)(\$) 10:30 Tai Chi for Beginners (Rm 1) (\$) 11:00 Chair Yoga (Rm 3)(\$) 12 Noon- Tai Chi Beyond Beginners (Rm 1) (\$) 11:45 Healthy Bones (Rm2)(County program \$) 1:30 PM Swingin Singin Seniors (Rm 3)
21. 9:30 Hi-Stepper Practice (Rm 1) 10:00 Yoga Fusion (Rm 2)(\$) 10:30 Parkside Senior Club Meeting- Rm 3 10:30 Healthy Bones (Craft Rm) 12 pm Zumba Gold (Rms 1,2)(\$) 12 pm Knitting/Crocheting Club with Pat (Reading Room) 12:45 -2:00 Healthy Bones (Craft Rm.)(Cty. Prog.)(\$) 1:15 Zumba Gold (Rm 1)(\$) 1:30 – 2:30 Ladies Billiards	22. 10:00 Franklin Township Senior Club Meeting 1:30 Line Dancing (Rm 3) 3:00 Healthy Bones (Rm. 3)	23. 9:30 Hi-Steppers Practice (Rm 1) 12:00 Franklin Park Senior Club Meeting <i>10:30-11:30 AM Medicare Educational Workshop (must be pre-registered to attend).</i>	24. 8:30a – 4:00p Open Mahjong (Card/Billiards Rms.) 9:30 Zumba Gold (Rms 1, 2)(\$) 10-4:00 Pinochle (Craft Rm) 10:30 Sit & Fit (Rm 3) 10:40 Yoga Fusion (Rm 1,2) (\$) <i>12:00 "Guardianship, Power of Attorney, and other Legal Issues" Lunch & Learn (must be pre-registered to attend) (Rm 3)</i>	25. 9:00 Functional Fitness (Rms 1)(\$) 9:30 Gentle Yoga (Rm 3) (\$) 10:05-11:15 Healthy Bones (Rm 2) (County Program)(\$) 10:30 Tai Chi for Beginners (Rm 1) (\$) 11:00 Chair Yoga (Rm 3) (\$) 11:45 Healthy Bones (Rm2)(County program \$) 12:00 Tai Chi Beyond Beginners (Rm 1)(\$) 1:30 PM Swingin Singin Seniors (Rm 3)
28. 9:30 Hi-Steppers Practice (Rm 1) 10:00 Yoga Fusion (Rm 2)(\$) 10:30 Parkside Senior Club Meeting- Rm 3 10:30 Healthy Bones (Craft Rm) 12 pm Zumba Gold (Rms 1,2)(\$) 12 pm Knitting/Crocheting Club with Pat (Reading Room) 12:45 -2:00 Healthy Bones (Craft Rm.)(Cty. Prog.)(\$) 1:15 Zumba Gold (Rm 1)(\$) 1:30 – 2:30 Ladies Billiards	29. 10:00 Franklin Township Senior Club Meeting 1:30 Line Dancing (Rm 3)	30. 9:30 Hi-Steppers Practice (Rm 1) 12:00 Franklin Park Senior Club Meeting	31. 8:30a – 4:00p Open Mahjong (Card/Billiards Rms.) 9:30 Zumba Gold (Rms 1, 2)(\$) 10-4:00 Pinochle (Craft Rm) 10:30 Sit & Fit (Rm 3) 10:40 Yoga Fusion (Rm 1,2) (\$) <i>12:00 Amish Market Mini Trip. Must pre-register and pay in advance.</i>	<i>Coming in November</i> <u>Active Shooter Awareness & Response Presentation</u> <i>Date: Thurs., Nov. 21st</i> <i>Time: 1-2:30 PM</i> <i>Presenter: Sgt. Haddon Stein, FTPD</i> <i>(Please register online or at the Recreation Office Window).</i>