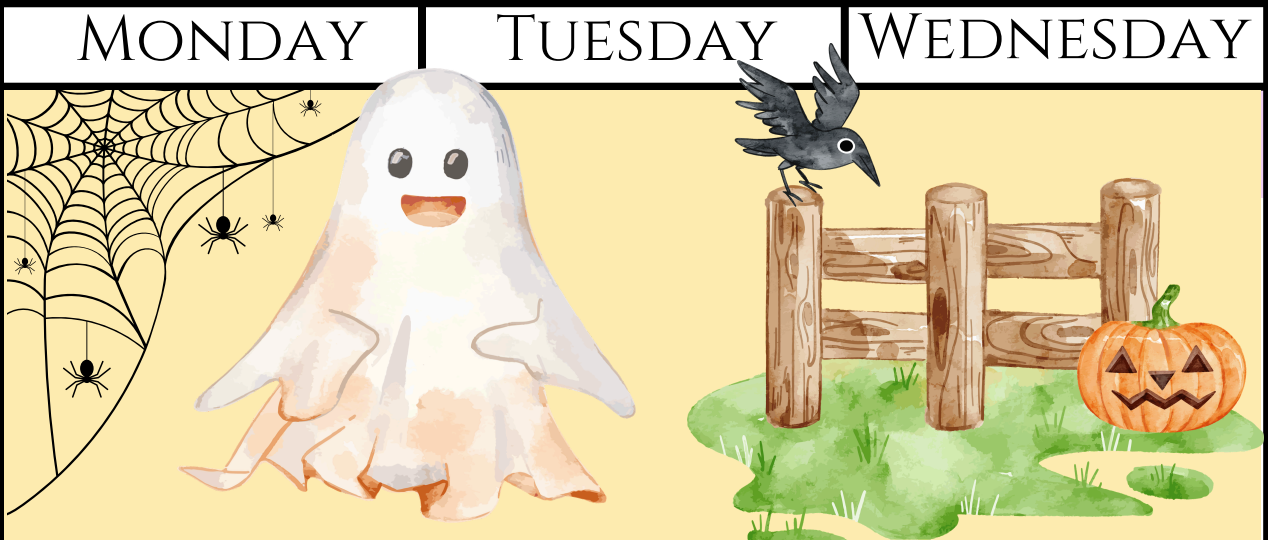


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Cheese Stuffed Shells with Crushed Tomato Sauce, Green Beans, Apple Crumble, Milk 9am Gentle Yoga w/ Beth (\$4) 10:15am Chair Yoga w/ Beth (\$4) 12-1:30pm Heart Healthy Nutrition & BP Monitoring* 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Seniors* 3pm Korean Sax 4pm Korean Creative Music Talk 1	Caribbean Flounder over Dirty Rice, Peas, Stewed Tomatoes, Milk 10am-12pm A Matter of Balance* 11am-1pm Tech Tutor Appts** 12:30pm Bingo 12:30pm Korean Beg. Drums 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Sax 2
Beef Stroganoff with Egg Noodles, Mixed Vegetables, Peach Crumble, Milk 10am Fit for the Future (\$4) 10am Whist/Other Games 10am-12pm GIANT Pharmacy Vaccine Clinic* 1pm Latin Dance Fitness with Lysandra* 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class 5	Sweet Italian Sausage & Peppers, Roasted Potatoes, Cauliflower, Milk 8:30am AARP 4 hr Refresher* 10am Tai Chi (\$4) 10:30am Pumpkin Centerpiece Craft with Charis Hospice* 12:30pm Scavenger Hunt Part 1* 1pm Game Club 1pm Korean Dance & Drums 1:30pm Korean Calligraphy 3:30pm Korean Smart Phone Class 6	Meatloaf with Gravy, Mashed Potatoes, Broccoli, Whole Fruit, Milk 10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling** 12:30pm Life Organization & Emergency Preparedness* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax 7	Coq Au Vin (chicken braised in red wine with veggies) over Egg Noodles, Green Beans, Milk 9am Gentle Yoga w/ Beth (\$4) 10:15am Chair Yoga w/ Beth (\$4) 12pm Bday Celebration & Health Chat with PA Health & Wellness* 12:30pm "The Sparklers," Women's Group w/ Candace 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Seniors* 3pm Korean Sax 4pm Korean Creative Music Talk 8	COLD MEAL: Tuna Salad Sandwich, Coleslaw, Fruit Salad, Milk 9am B'fast Club @ BDM Cafe* 10am-12pm A Matter of Balance* 10:30am Grief Support 11am-1pm Tech Tutor Appts** 12:30pm Bingo 12:30pm Korean Beg. Drums 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Sax 9
Turkey with Gravy, Stuffing, Glazed Sweet Potatoes, Mixed Vegetables, Milk 10am Fit for the Future (\$4) 10am Whist/Other Games 12:30pm Prayer Care 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class 12	Sloppy Joes, Cauliflower, Apple Crumble, Milk 10am Tai Chi (\$4) 10:30am Cider Tasting & Healthy Eating with Humana* 10am-12pm State Rep. Malagari Office Hours** 12:30pm Scavenger Hunt Pt 2* 1pm Game Club 1pm Korean Dance & Drums 1:30pm Korean Calligraphy 3:30pm Korean Smart Phone Class 13	Chicken Francese (lightly breaded w/ lemon butter sauce), Broccoli, Rice, Whole Fruit, Milk 10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling** 12:30pm Hispanic Heritage Month Presentation with HHA* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax 4:30pm Dine & Donate @ The Pour House* 14	Penne Bolognese, Green Beans, Poached Pear, Milk 9am Gentle Yoga w/ Beth (\$4) 10:15am Chair Yoga w/ Beth (\$4) 12pm Nutrition Presentation @ Lunch- Veggies!* 12:45pm Trivia with Nancy 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Seniors* 3pm Korean Sax 4pm Korean Creative Music Talk 15	Roasted Tilapia with Lemon Rice, Peas, Apple Crumble, Milk 10am-12pm A Matter of Balance* 11am-1pm Tech Tutor Appts** 12:30pm Bingo 12:30pm Korean Beg. Drums 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Sax 16

Monday	Tuesday	Wednesday	Thursday	Friday
Waffles with Syrup, Turkey Sausage Patty, Breakfast Potatoes, Collard Greens, Milk 10am Fit for the Future (\$4) 10am Whist/Other Games 12:30pm Veteran's Resource Group w/ Rob Gardner* 12:30pm Prayer Care (special date)* 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class 19	Swedish Meatballs with Egg Noodles, Cauliflower, Poached Pear, Milk 10am Tai Chi (\$4) 10:30am Breast Health & You with Sydney Kimmel CC* 12pm Legal Consultations** 12:30pm Scavenger Hunt Pt 3* 1pm Game Club 1pm Korean Dance & Drums 1:30pm Korean Calligraphy 3:30pm Korean Smart Phone Class 6pm PA Medi: Almost 65? Come learn about Medicare** 20	General Tso Chicken, Broccoli, Fried Rice, Milk 10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling** 10-11:30am MCOPH Table* 12:45pm Advisory Council** 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax 21	COLD MEAL: Asian Sesame Slaw, Grilled Marinated Chicken Breast, Peaches, Milk 9am Gentle Yoga w/ Beth (\$4) 9:30-11:30am Day of Service & Activities w/ J&J Volunteers* 10-15am Chair Yoga w/ Beth (\$4) 12:30pm "The Sparklers," Women's Group w/ Candace 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 3pm Korean Sax 4pm Korean Creative Music Talk 22	Crab Cake Sandwich on a bun with Tartar Sauce, Peas, Peach Crumble, Milk 10am-12pm A Matter of Balance* 10:30am Grief Support 11am-1pm Tech Tutor Appts** 12:30pm Bingo 12:30pm Korean Beg. Drums 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Sax 23
SPECIAL LUNCH (\$10): Herb Grilled Chicken with Stewed Apples, Butternut Squash Soup, Fall Harvest Salad, Garlic Bread, Milk 10am Fit for the Future (\$4) 10am Whist/Other Games 12pm Book Club* 12:30pm Special Lunch (\$10) & Halloween Party* 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class 26	Pot Roast Dinner, Cauliflower, Stewed Tomatoes, Pudding, Milk 10am Tai Chi (\$4) 10:00 Storytime with Josephine (special date)* 12:30pm Brand Ambassador Training Pt 1* 1pm Game Club 1pm Korean Dance & Drums 1:30pm Korean Calligraphy 3:30pm Korean Smart Phone Class 27	Turkey Chili, Broccoli, Rice, Whole Fruit, Milk 10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling** 10am-12pm Collett Office Hrs** 12:30pm Philly History A to Z* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax 28	Cheese Stuffed Shells with Crushed Tomato Sauce, Green Beans, Apple Crumble, Milk 9am Gentle Yoga w/ Beth (\$4) 10:15am Chair Yoga w/ Beth (\$4) 12:30pm Brand Ambassador Training Pt 2* 12:30pm MontCo Assoc/Blind 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 3pm Korean Sax 4pm Korean Creative Music Talk 29	Caribbean Flounder over Dirty Rice, Peas, Stewed Tomatoes, Milk 10am-12pm A Matter of Balance* 11am-1pm Tech Tutor Appts** 12:30pm Bingo 12:30pm Korean Beg. Drums 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Sax 30

- **Items in red with *** are Special Programs for this month. Call our front desk or download our full newsletter online for more information on these offerings.
- **Items with **** are Social Services & Resources, with additional information available under the "See what we offer" tab of our website or in our electronic newsletter.
- Our center is open **8am - 4pm, Mon-Fri**, with access to self-organized Rummikub, Puzzles, Card Games, Chess, and Creative Coloring. See Sabrina or a greeter at the front desk for questions or to access materials.
- **Programs are free unless otherwise indicated.**



Scan me

Detailed descriptions for all of our regular and recurring programming (shown on this calendar in black), can be found under the "See what we offer" tab of our website:
www.sparkseniorcenters.org
or scan the QR code