

OCTOBER 2023



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Cinema "We were children" 2 PM to 4 PM Chair Volleyball 5:00 PM to 7 PM	3 Chair Volleyball 6:05 PM to 7:30 PM	4 Antonia on LEAVE	5	6 Halloween Community Planning Meeting @ 8:30 AM	7
8	9	10	11	12	13 CENTER CLOSED DUE TO CONSTRUCTION	14
Travel - Quechan Senior Games 2023 No Activities						Community Flu Pod at The GYM 9 AM to 2 PM
15	16	17 Chair Exercise with Cotton 8:30 AM to 9 AM	18 Sewing Classes with Rosemary and Jessica 1:30 PM to 3 PM Chair Volleyball 5:00 PM to 7 PM	19 Chair Exercise with Cotton 8:30 AM to 9 AM	20	21
22	23 Cinema "Talk to me" 2 PM to 4 PM PUMPKIN CARVING @ 2 PM to 4 PM	24 Chair Exercise with Cotton 8:30 AM to 9 AM Chair Volleyball 5:00 PM to 7 PM	25 Halloween PARTY! @ 10:30 AM to 1:00 PM Sewing Classes with Rosemary and Jessica 1:30 PM to 3 PM	26 Chair Exercise with Cotton 8:30 AM to 9 AM	27 Kitchen Closed - Staff Training 66 Park Halloween Boo Bash @ 10:30 AM to 1:00 PM	28 Senior Services Center Halloween Dance 6 PM to 9 PM
29	30 Cinema "Meg 2" 2 PM to 4 PM	31 HAPPY HALLOWEEN				

FLU SHOT

Elders 55+ may receive a \$25.00 gift card when they get vaccinated at the Flu Pod. **The Elder must be vaccinated at the Flu Pod to receive a gift card.**

Flu Pod 12th & 13th at Tribal Gymnasium from

JOIN OUR MESSAGE GROUP

Get up-to-date information on Senior Center activities, menu changes, delayed deliveries by joining our text message group. If you would like to receive messages talk with a Center staff member to join TODAY.

To sign up contact the Caregiver Support Services Coordinator, Breanna at Ext. 198