



October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Melissa 793-1353</p> <p>Michelle 793-1340</p> <p>Wendy 793-1312</p>	<p>Dinner Menu for Oct. 9:</p> <p>Stir-Fry Chicken Sir-Fry Shrimp Salad Fried Rice Green Beans Cake Beverage</p> <p>\$12.00 + tax per person Please RSVP by calling 793-1317 NO LATER than October 4 to avoid a late sign-up fee</p>	<p>1</p> <p>9:30-Wal-Mart 9:45-Silver Toning (LGR) 1:15-Yoga (LGR) 2:00-Reminiscing Game (Rec Room) 7:00-Vespers (BMC)</p>	<p>2</p> <p>9:15-Zumba Gold (LGR) 10:00-Swing into Shape (LGR) 10:30-Water Arthritis (Pool) 11:00-Men's Snack & Yack Pack to Bad Boyz Bistro in Bedford 11:00-Water Volleyball 1:15-Line Dancing (LGR) 2:00-Book Club/Paula (2nd floor meeting room)</p>	<p>3</p> <p>Fall Bazaar 10:00-4:00 (GCC) Yard Sale 10:00-2:00 (MW Pavilion)</p> <p>9:30-Trip to Dollar General, Peach Hill Farm Market & Zimmerman's Bulk Store 9:45-Silver Toning (LGR) 1:00-Scrabble (Player's Club) 1:15-Senior Nutrition (LGR) 2:00-Spring Farm Greenhouse (get your Fall Mums)</p>	<p>4</p> <p>Fall Bazaar 10:00-4:00 (GCC) Yard Sale 10:00-2:00 (MW Pavilion)</p> <p>9:15-Chair Stretching (LGR) 10:00-Swing into Shape (LGR) 10:30-Water Aerobics 11:00-Water Volleyball 1:15-Intro to Fitness Room 4:30-Terrace Hour (Cafe) 6:00-Card Club (Library) RSVP by calling 793-1317 before the end of today to avoid a late sign-up fee for the October Dinner which will be on Oct. 9</p>	<p>5</p> <p>10:00-Needlework (Great Room) 10:00-Table Tennis, Darts and Shuffleboard (LGR) 2:00-Bingo (Library) 3:00-Card Club (Library)</p>
<p>6</p> <p>10:30-Chapel Worship (BMC) 3:00-Card Club (Library)</p>	<p>7</p> <p>9:15-Silver Cardio OR Walking Program (LGR) 10:00-Swing into Shape (LGR) 10:30-Water Aerobics 11:00-Water Volleyball 1:00-Bible Study (Library) 2:00-Cognitive Fitness (Library) 3:00-Apple Cider Floats (Rec Room) 6:00-Card Club (Library)</p>	<p>8</p> <p>9:30-Giant Eagle 9:45-Silver Toning (LGR) 1:15-Yoga (LGR) 2:00-Puffy Pumpkin Craft (Rec Room) 3:00-Alzheimers Support Group (Club Room) 7:00-Vespers (BMC)</p>	<p>9</p> <p>9:00-Wake Up w/Wendy (Rec Room) 9:15-Zumba Gold (LGR) 10:00-Swing into Shape (LGR) 10:30-Fall Foliage Covered Bridge Tour and lunch at Slick's Ivy 10:30-Water Arthritis (Pool) 10:30-Blood Pressure Screening (Community Nursing Office) 11:00-Water Volleyball 1:15-Line Dancing (LGR) 4:30-IL Dinner (Cafe) Please RSVP by calling 793-1317 NO LATER than October 4 to avoid a late sign-up fee</p>	<p>10</p> <p>9:30-Community Update Breakfast w/Lisa (GCC) 1:00-Scrabble (Player's Club) 1:15-Senior Nutrition (LGR) 2:00-Lutheran Communion (BMC) 4:30-Grief Support Group w/Jody Hurley (Library)</p>	<p>11</p> <p>8:00-4:00-Shoe Fly here today (LGR)</p> <p>10:30-Water Aerobics 11:00-Water Volleyball 1:00-JB Tree Farm for Hay Ride - \$7.00 per person – pay at the tree farm 4:30-Terrace Hour (Cafe) 6:00-Card Club (Library)</p>	<p>12</p> <p>Dinner Theatre (GCC) 5:15 – Dinner 6:30 – Show "Forever Plaid" by the Bedford Players See Marketing Dept. for your ticket</p> <p>10:00-Table Tennis, Darts and Shuffleboard (LGR) 10:00-Needlework (Great Room) 2:00-Bingo (Library) 3:00-Card Club (Library)</p>
<p>13</p> <p>10:30-Chapel Worship (BMC) 3:00-Card Club (Library)</p>	<p>14</p> <p>9:15-Silver Cardio OR Walking Program (LGR) 10:00-Swing into Shape (LGR) 10:30-Water Aerobics 11:00-Water Volleyball 1:00-Wal-Mart (PLEASE NOTE THE CHANGE IN THE DAY & TIME FOR THIS TRIP) 1:00-Bible Study (Library) 2:00-Cognitive Fitness (Library) 3:00-Dick McConnell" Back Porch Music" (Cafe) 6:00-Card Club (Library)</p>	<p>15</p> <p>9:45-Silver Toning (LGR) 10:00-Women's Retreat (BMC) 1:15-Yoga (LGR) 4:30-"Dining for Dollars" at The Creekside Restaurant - A bus will be going at 4:30PM – IF you are riding the bus at 4:30PM, please be sure to sign up otherwise you will not have to sign up If you are going to the Creekside Restaurant on your own, you may go anytime between the hours of 11AM – 10PM THANK YOU for supporting the Auxiliary here at Homewood 7:00-Vespers (BMC)</p>	<p>16</p> <p>9:00-Massages by Ashley (LMT) - room across from fitness room 9:15-Zumba Gold (LGR) 10:00-Swing into Shape (LGR) 10:30-Water Arthritis (Pool) 11:00-Water Volleyball 11:30-Turkey Meal at St. Paul's Church (Imler) 12:30-Blood Pressure Screening (Community Nursing Office) 1:15-Line Dancing (LGR) 2:00-Food Demo/Food Focus Group (EACR) 6:30-Altoona Brass Collection (GCC)</p>	<p>17</p> <p>9:45-Silver Toning (LGR) 1:00-Scrabble (Player's Club) 1:15-Senior Nutrition (LGR) 1:30-Quilt Print Paintings by Kim Adams (Rec Room) 3:00-Catholic Mass (BMC) 3:45-Chapel Choir Practice (BMC)</p>	<p>18</p> <p>8:30-Men's Prayer Breakfast (BMC) 9:15-Chair Stretching (LGR) 10:00-Swing into Shape (LGR) 10:30-Water Aerobics 11:00-Water Volleyball 12:30-Trip to Mt. Lily Alpacas 1:15-Intro to Fitness Room 4:30-Terrace Hour (Cafe) 6:00-Card Club (Library) 7:00-Tribute Quartet (GCC) See Marketing Dept. for your ticket</p>	<p>19</p> <p>Taste of The Cove Held in the GCC Contact the Martinsburg Community Library for your ticket \$25.00 per ticket (13yrs+)</p> <p>10:00-Needlework (Great Room) 10:00-Table Tennis, Darts and Shuffleboard (LGR) 2:00-Bingo (Library) 3:00-Card Club (Library)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
<p>10:30 AM-Chapel Worship (BMC)</p> <p>3:00 PM-Card Club (Library)</p>	<p>9:15-Silver Cardio OR Walking Program (LGR)</p> <p>10:00-Swing into Shape (LGR)</p> <p>10:30-Water Aerobics</p> <p>11:00-Water Volleyball</p> <p>1:00-Bible Study (Library)</p> <p>1:30-Movie "HalloweenTown" (GCC)</p> <p>2:00-Cognitive Fitness (Library)</p> <p>6:00-Card Club (Library)</p>	<p>9:30-Giant Eagle</p> <p>9:45-Silver Toning (LGR)</p> <p>1:15-Yoga (LGR)</p> <p>2:00-Cooking w/Carol-Pumpkin Pie Cake (Rec Room)</p> <p>7:00-Vespers (BMC)</p>	<p>9:00-Wake Up w/Wendy (Rec Room)</p> <p>9:15-Zumba Gold (LGR)</p> <p>10:00-Swing into Shape (LGR)</p> <p>10:30-Water Arthritis (Pool)</p> <p>11:00-Water Volleyball</p> <p>1:15-Line Dancing (LGR)</p> <p>2:00-Greeting Card Making (Rec Room)</p>	<p>8:30-Breakfast at Diner 22 and Swigart's Antique Auto Museum</p> <p>9:45-Silver Toning (LGR)</p> <p>11:00-Chats with Charlie (GCC)</p> <p>1:00-Scrabble (Player's Club)</p> <p>1:15-Senior Nutrition (LGR)</p> <p>2:00-Conversations w/The Chaplain - "What in the World is Happening Now?" (Cafe)</p>	<p>12:30-<i>Rain</i> date for Alpaca farm-IF we can't go on the 18th due to weather</p> <p>9:15-Chair Stretching (LGR)</p> <p>10:00-Swing into Shape (LGR)</p> <p>10:30-Water Aerobics</p> <p>11:00-Water Volleyball</p> <p>2:00-Hay Bale Craft (Rec Room)</p> <p>4:30-Terrace Hour (Cafe)</p> <p>6:00-Card Club (Library)</p>	<p>10:00-Table Tennis, Darts and Shuffleboard (LGR)</p> <p>10:00-Needlework (Great Room)</p> <p>2:00-Bingo (Library)</p> <p>3:00-Card Club (Library)</p>
27	28	29	30	31		
<p>10:30 AM-Chapel Worship (BMC)</p> <p>3:00 PM-Card Club (Library)</p> <p>3:30 PM-The Hope Singers (BMC)</p> 	<p>9:00-Pumpkin Pastries w/Guys and Gals (Coffee shop)</p> <p>9:15-Silver Cardio OR Walking Program (LGR)</p> <p>10:00-Swing into Shape (LGR)</p> <p>10:30-Water Aerobics</p> <p>11:00-Pumpkin Decorating with students from C. W. Longer Elementary (Rec Room)</p> <p>11:00-Water Volleyball</p> <p>1:00-Executive Committee Meeting (Library)</p> <p>1:00-Bible Study (Rec Room)</p> <p>PLEASE NOTE LOCATION FOR THIS WEEK</p> <p>2:00-Cognitive Fitness (LGR)</p> <p>NOTE THE LOCATION FOR TODAY</p> <p>6:00-Card Club (Library)</p>	<p>9:30-Wal-Mart</p> <p>9:45-Silver Toning (LGR)</p> <p>11:00-Religious Life Committee Meeting (BMC)</p> <p>12:30-Chatty Chick' "Fun Store" Shopping (TJ Maxx, Target, Gabes, etc)</p> <p>1:15-Yoga (LGR)</p> <p>2:00-Parkinson's Support Group w/Jody Hurley (Library)</p> <p>7:00-Vespers (BMC)</p>	<p>9:00-Massages by Ashley (LMT) – room across from fitness room</p> <p>9:15-Zumba Gold (LGR)</p> <p>10:00-Swing into Shape (LGR)</p> <p>10:30-Water Arthritis (Pool)</p> <p>11:00-Water Volleyball</p> <p>1:15-Line Dancing (LGR)</p> <p>2:00-Circle of Friends (Rec Room)</p> <p>6:30-Octoberfest "Altoona Men's Choir" German Music (GCC)</p> 	<p>9:45-Silver Toning (LGR)</p> <p>1:00-Scrabble (Player's Club)</p> <p>1:15-Senior Nutrition (LGR)</p> <p>2:00-Halloween Party-dress up in costume (Cafe)</p> <p>Safe Trick or Treat Night for the Martinsburg Community here at Homewood – if you wish to see the children come through in their costumes please go to the Olive Branch – Homewood is supplying the candy, if you wish to help hand it out...</p>	<p>Please sign up for ALL trips/events (in RED) that you wish to attend to help us with planning.</p> <p>Calendar is subject to change...</p>	

Monday Quilting – all experienced quilters welcome (Quilting area on 2nd floor of Southview) – this is EVERY Monday