

Monday	Tuesday	Wednesday	Thursday	Friday
2 7:00 Pickleball @ Community Center North Gym \$ 8:30 Walking 9:15 Fun & Fitness 9:30 Mah-Jongg 9:45 Shopping: Walmart 10:00 History Group 10:15 Strength Class \$ 10:30 German Club 11:15 Tai Chi Advanced \$ 1:00 Massages: By Appt \$ 1:00 SilverSneakers® BOOM Move It 1:30 SilverSneakers® BOOM Muscle Fitness 2:00 SilverSneakers® BOOM Mind 3:00 Fearless Falling \$ 4:00 Self Defense Tai Chi \$ 6:00 Alzheimer's Support	3 8:30 Wind Turbine Farm Wood County \$ 9:00 Open Art for All 9:15 SilverSneakers® Circuit 10:15 SilverSneakers® Classic 11:00 Current Events 11:00 Feldenkrais Method \$ 11:15 Delay the Disease™ \$ 12:15 Line Dance Aerobics 12:15 SilverSneakers® Yoga 1:00 Adventures in Writing 1:15 Jazzy Tap w/ NY Flair \$ 1:30 Speaking French 2:15 Table Tennis 5:30 Card Party: Bridge \$ 6:30 Card Party: Euchre \$ 6:30 Novice Pickleball@ CC North Gym \$	4 7:00 Pickleball@CC North Gym \$ 8:30 Walking 9:15 Fun & Fitness 10:00 Knit Wits 10:15 Line Dance: Easy 10:45 Line Dance: Int. 12:30 Bridge 2:00 Senior Sewing Club 3:30 SilverSneakers® Classic	5 9:00 Golf/Mill Creek \$ 9:00 Tai Chi for Arthritis: Beginners \$ 10:00 Play Reading 10:15 SilverSneakers® Classic 11:15 Pilates-Based Mat Work with Yoga \$ 11:15 ZUMBA GOLD® \$ 12:00 Dbl Deck Pinochle 12:15 Duplicate Bridge 12:15 Line Dance: Beg 1:15 Chair Volleyball 1:30 American Economy \$ 3:15 Table Tennis	6 7:00 Pickleball@CC North Gym \$ 9:15 Cardio Drumming \$ 9:15 Strength & Core \$ 10:15 Strength Class \$ 10:30 Hatha Yoga \$ 11:15 Balance & Flex \$ 12:00 Stroke Support 1:00 Conversation Spanish 1:00 Paper Collage 3:00 Table Tennis
Saturday				
7 8:30 Hatha Yoga w/ Janet & Kathleen \$ 10:00 Hatha Yoga w/ Janet & Kathleen \$				
Sunday				
8 11:15 Willie Wonka \$				
9 7:00 Pickleball @ Community Center North Gym \$ 8:30 Walking 9:15 Fun & Fitness 9:30 Mah-Jongg 9:45 Shopping: Kroger 10:00 History Group 10:15 Strength Class \$ 10:30 German Club 11:15 Tai Chi Advanced \$ 1:00 Project Linus 1:00 Investor Workshop 1:00 SilverSneakers® BOOM Move It 1:30 SilverSneakers® BOOM Muscle Fitness 2:00 SilverSneakers® BOOM Mind 3:00 Fearless Falling \$ 4:00 Self Defense Tai Chi \$ 6:00 Alzheimer's Support	10 9:00 Open Art for All 9:15 SilverSneakers® Circuit 10:15 SilverSneakers® Classic 11:00 Current Events 11:00 Mystery Lunch \$ 11:15 Delay the Disease™ \$ 12:15 Circuit Training \$ 12:15 Line Dance Aerobics 12:15 SilverSneakers® Yoga 1:00 Adventures in Writing 1:15 Jazzy Tap w/ NY Flair \$ 1:30 Book Discussion 1:30 Speaking French 2:15 Table Tennis 5:30 Card Party: Bridge \$ 6:30 Card Party: Euchre \$ 6:30 Novice Pickleball@ CC North Gym \$	11 7:00 Pickleball@CC North Gym \$ 8:30 Walking 9:15 Fun & Fitness 9:30 Unfinished Objects \$ 10:00 Knit Wits 10:00 Italian Treasures trip preview 10:15 Line Dance: Easy 10:45 Line Dance: Int. 12:30 Bridge 12:30 Lunch & Learn <i>New Age</i> 2:00 Senior Sewing Club 3:30 SilverSneakers® Classic	12 9:00 Golf/Burning Tree \$ 9:00 Tai Chi for Arthritis: Beginners \$ 10:00 Play Reading 10:00 Alexander Technique \$ 10:15 SilverSneakers® Classic 11:15 Pilates-Based Mat Work with Yoga \$ 11:15 ZUMBA GOLD® \$ 12:00 Dbl Deck Pinochle 12:15 Duplicate Bridge 12:15 Line Dance: Beg 1:15 Chair Volleyball 1:30 American Economy \$ 3:15 Table Tennis	13 7:00 Pickleball@CC North Gym \$ 9:15 Cardio Drumming \$ 9:15 Strength & Core \$ 9:45 SRO/Crucible \$ 10:15 Strength Class \$ 10:30 Hatha Yoga \$ 11:15 Balance & Flex \$ 12:00 Stroke Support 1:00 Conversation Spanish 1:00 Paper Collage 1:30 Pinterest Crafts \$ 3:00 Table Tennis
Saturday				
14 8:30 Hatha Yoga w/ Janet & Kathleen \$ 10:00 Hatha Yoga w/ Janet & Kathleen \$				



TRICK OR TREAT!

The Griswold Center welcomes the little ghouls and goblins from the Community Center preschool classes as they tour the Griswold in search of spooky treats! Be aware as they will pay a visit to the scheduled programs on each of the days they are here! Feel free to come in costume to add to the spooktacular day!

Thursday Oct 26 10:30am - 12:30pm | 1:15 - 3:15pm

Friday Oct 27 10:30am - 12:30pm



October

Worthington Griswold Center Monthly Activity Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	
16 7:00 Pickleball @ Community Center North Gym \$ 8:30 Walking 9:15 Fun & Fitness 9:30 Mah-Jongg 9:45 Shopping: Meijer 10:00 History Group 10:15 Strength Class \$ 10:30 German Club 11:15 Tai Chi Advanced \$ 1:00 Massages: By Appt \$ 1:00 Project Linus 1:00 SilverSneakers® BOOM Move It 1:30 SilverSneakers® BOOM Muscle Fitness 2:00 SilverSneakers® BOOM Mind 3:00 Fearless Falling \$ 4:00 Self Defense Tai Chi \$	17 8:15 Holden Arboretum \$ 9:00 Open Art for All 9:15 SilverSneakers® Circuit 10:15 SilverSneakers® Classic 11:00 Current Events 11:00 Feldenkrais Method \$ 11:15 Delay the Disease™ \$ 12:15 Circuit Training \$ 12:15 Line Dance Aerobics 12:15 SilverSneakers® Yoga 1:00 Adventures in Writing 1:00 Successful Aging 1:15 Jazzy Tap w/ NY Flair \$ 1:30 Speaking French 2:15 Table Tennis 5:30 Card Party: Bridge \$ 6:30 Card Party: Euchre \$ 6:30 Novice Pickleball@ CC North Gym \$	18 7:00 Pickleball@CC North Gym \$ 8:30 Walking 9:15 Fun & Fitness 10:00 Armchair Travel 10:00 Knit Wits 10:15 Line Dance: Easy 10:45 Line Dance: Int. 12:30 Bridge 2:00 Low Vision Support 2:00 Senior Sewing Club 3:30 SilverSneakers® Classic	19 9:00 Golf/Marysville \$ 9:00 Tai Chi for Arthritis: Beginners \$ 10:00 Play Reading 10:00 Alexander Technique \$ 10:00 Iphone Beginners \$ 10:15 SilverSneakers® Classic 11:15 Pilates-Based Mat Work with Yoga \$ 11:15 ZUMBA GOLD® \$ 12:00 Dbl Deck Pinochle 12:15 Duplicate Bridge 12:15 Line Dance: Beg 1:15 Chair Volleyball 1:30 American Economy \$ 2:00 Widowhood Support 3:15 Table Tennis	20 7:00 Pickleball@CC North Gym \$ 9:15 Cardio Drumming \$ 9:15 Strength & Core \$ 10:15 Balletmet \$ 10:15 Strength Class \$ 10:30 Hatha Yoga \$ 11:15 Balance & Flex \$ 12:00 Stroke Support 12:00 Soup \$ 1:00 Conversation Spanish 1:00 Paper Collage 3:00 Table Tennis	
23 7:00 Pickleball @ Community Center North Gym \$ 8:30 Walking 9:15 Fun & Fitness 9:30 Mah-Jongg 9:45 Shopping: Walmart 10:00 History Group 10:15 Strength Class \$ 10:30 German Club 11:15 Tai Chi Advanced \$ 1:00 Project Linus 1:00 SilverSneakers® BOOM Move It 1:30 SilverSneakers® BOOM Muscle Fitness 2:00 SilverSneakers® BOOM Mind 3:00 Fearless Falling \$ 4:00 Self Defense Tai Chi \$	24 9:15 Circle S Farms \$ 9:00 Open Art for All 9:15 SilverSneakers® Circuit 10:15 SilverSneakers® Classic 11:00 Current Events 11:00 Feldenkrais Method \$ 11:15 Delay the Disease™ \$ 12:15 Circuit Training \$ 12:15 Line Dance Aerobics 12:15 SilverSneakers® Yoga 1:00 Adventures in Writing 1:15 Jazzy Tap w/ NY Flair \$ 1:30 Speaking French 2:15 Table Tennis 5:30 Card Party: Bridge \$ 6:30 Card Party: Euchre \$ 6:30 Novice Pickleball@ CC North Gym \$	25 RESIDENT MEMBER REGISTRATION 7:00 Pickleball@CC North Gym \$ 8:30 Walking 9:15 Fun & Fitness 9:30 Unfinished Objects \$ 10:00 Knit Wits 10:15 Line Dance: Easy 10:45 Line Dance: Int. 12:30 Bridge 12:30 Golf Banquet \$ 2:00 Senior Sewing Club 3:30 SilverSneakers® Classic	26 NR MEMBER REGISTRATION 9:00 Tai Chi for Arthritis: Beginners \$ 10:00 Play Reading 10:00 Alexander Technique \$ 10:00 Iphone Beginners \$ 10:15 SilverSneakers® Classic 10:30 Trick or Treat 11:15 Pilates-Based Mat Work with Yoga \$ 11:15 ZUMBA GOLD® \$ 12:00 Dbl Deck Pinochle 12:15 Duplicate Bridge 12:15 Line Dance: Beg 1:15 Chair Volleyball 1:30 Trick or Treat 1:30 American Economy \$ 3:15 Table Tennis	27 OPEN REGISTRATION 7:00 Pickleball@CC North Gym \$ 9:15 Cardio Drumming \$ 9:15 Strength & Core \$ 10:15 Strength Class \$ 10:30 Trick or Treat 11:15 Balance & Flex \$ 12:00 Stroke Support 12:00 Soup \$ 1:00 Conversation Spanish 1:00 Paper Collage	
30 7:00 Pickleball @ Community Center North Gym \$ 8:30 Walking 9:15 Fun & Fitness 9:30 Mah-Jongg 9:45 Shopping: Kroger 10:00 History Group 10:15 Strength Class \$ 10:30 German Club 11:15 Tai Chi Advanced \$ 1:00 Project Linus 1:00 SilverSneakers® BOOM Move It 1:30 SilverSneakers® BOOM Muscle Fitness 2:00 SilverSneakers® BOOM Mind 3:00 Fearless Falling \$ 4:00 Self Defense Tai Chi \$	31 9:00 Open Art for All 9:15 SilverSneakers® Circuit 10:15 SilverSneakers® Classic 11:00 Current Events 11:00 Feldenkrais Method \$ 11:15 Buxton Inn \$ 11:15 Delay the Disease™ \$ 12:15 Circuit Training \$ 12:15 Line Dance Aerobics 12:15 SilverSneakers® Yoga 1:00 Adventures in Writing 1:15 Jazzy Tap w/ NY Flair \$ 1:30 Speaking French 2:15 Table Tennis 5:30 Card Party: Bridge \$ 6:30 Card Party: Euchre \$ 6:30 Novice Pickleball@ CC North Gym \$	<hr/> <p style="text-align: center;">All programs meet at the Griswold Center Programs in Bold Are Trips \$ = Programs For a Fee</p> <hr/>			28 8:30 Hatha Yoga w/ Janet & Kathleen \$ 10:00 Hatha Yoga w/ Janet & Kathleen \$ 4:30 Lantern Light Ride \$