

LAPHAM CENTER OCTOBER 2019

SPECIAL EVENTS

	1 10 Visions 2 Green Gadgets	2 1 <i>Bohemian Rhapsody</i>	3 12 Hands only CPR	4 9 MJ Refresher 1 <i>The Great Buster</i>
7	8 Medicare Reg. 10 Visions	9 12 Antiques Appraisals 1 <i>Transit</i>	10 2 Lapham READS	11 1 Dark Money
14 Columbus Day LAPHAM CLOSED	15 Med D Open enroll. <i>Thimble Island Trip</i> 10 Visions 2 Brain Games 2 Hearing Care	16 Med D Open enroll. 10 Irish Book Group 1 <i>Apollo 11</i>	17 Med D Open enroll.	18 Med D Open enroll. 1 <i>About Time</i>
21 Med D Open enroll.	22 Med D Open enroll. 10 Visions	23 Med D Open enroll. 12 Top Financial Mistakes 1 <i>What They Had</i>	24 Med D Open enroll. 2 Streaming	25 Med D Open enroll. 1 <i>A Dog's Way Home</i>
28 Med D Open enroll.	29 Med D Open enroll. 2 Ask the Attorney	30 Med D Open enroll. 12 Halloween Pizza 1- Halloween BINGO 1 <i>The American Scream</i>	31 Med D Open enroll. 10:30 Healthcare @ Home	

Ongoing Programs

Monday	Tuesday	Wednesday	Thursday	Friday
8:40 Dance Fitness	9:00 Italian Inter.	9:00 Italian Adv. Beg.	8:30 Mindful Yoga	8:40 Qigong + Tai Chi
9:00 Spanish Conv	9:55 Pilates	9:00 Bridge with Eric	9:30 New Deal	9:00 Open Art Studio
9:00 Beginning Italian	10:00 Coached Play	9:00 Qigong + Tai Chi	9:55 Yoga Fusion	10:00 Cardio Plus
9:30 Drawing	11:00 Chair Fitness	10:00 Banana-grams	10 Beg. Bridge	11:05 Balance
9:45 Deep Stretch	12:05 Cardio Plus	10:15 Dance Fitness	10:00 Acrylic Tech.	12:05 Arthritis Exercise
9:45 Gentle Yoga	12:30 Duplicate Bridge	12:30 Ukulele Beg.	10:30 BP clinics	1:00 Movie
10:00 Banana-grams	12:50 Bands	12:45 Inter Bridge	11:00 Muscles in Motion	
10:30 Third Reich	1:00 Art History	1:30 Ukulele Players	12:05 Chair Fitness	
10:30 French Con.	1:10 Feldenkrais	1:00 Movie	12:15 Jude the Obscure	
11:00 Balance	2:15 Knitting	1:30 Opera	12:30 Jewelry	
12:00 Arthritis			1:05 Small Group Training	
1:45 Fit for Life			150 Small Group Training	
2:00 Needlepoint			1:45 Classical Music	
2:50 Tai Chi				