
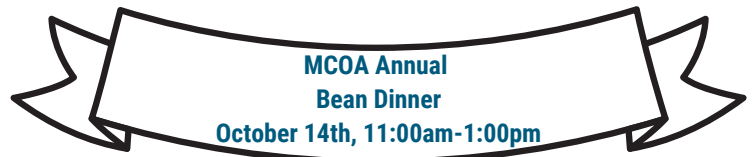


Moore Area Transportation Only Call 405-799-3130

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Classic Movie October Sky 10:15 Exercise	3 8:30 Open Art Studio 9:30 Stretch, Strengthen & Health 10:00 Country Music House Singers 10:00 Wii Bowling 10:15 Chair Yoga	4 9:00 Arm Chair Travel 9:00 Woodcarving 10:15 Exercise 12:30 Board Games 1:00 Afternoon Movie	5 9:00 Woodcarving 10:15 Chair Yoga 11:00 Speaker Jeremy Bridges Global Health 12:15 Root Beer Floats provided by Global Health 12:30 Corn Hole	6 9:00 Open Art Studio 10:15 Exercise 11:00 October Birthday's 12:15 Bingo w/Oak Street Health 2:00 Table Tennis
9 9:00 Classic Movie 3:10 to Yuma 10:15 Exercise	10 8:30 Open Art Studio 9:30 Stretch, Strengthen & Health 10:00 Library w/Cheyenne 10:00 Wii Bowling 10:15 Chair Yoga	11 9:00 Arm Chair Travel 9:00 Woodcarving 10:15 Exercise 12:30 Board Games 1:00 Afternoon Movie	12 9:00 Woodcarving 9:00 Miracle Ear Hearing Screening 10:00 S.A.L.T. Meeting w/ Kim Lopez 10:15 Chair Yoga 11:00 Speaker 12:30 Corn Hole	13 9:00 Open Art Studio 10:15 Exercise 12:15 Halloween Art Class 12:15 Bingo with Terry 2:00 Table Tennis
16 9:00 Classic Movie Hanna 10:15 Exercise 12:15 Bingo w/ Scott	17 8:30 Open Art Studio 9:30 Stretch, Strengthen & Health 10:00 Country Music House Singers 10:00 Wii Bowling 10:15 Chair Yoga	18 9:00 Arm Chair Travel 9:00 Woodcarving 10:15 Exercise 11:45 Fresh Cobbler 12:30 Board Games 1:00 Afternoon Movie	19 9:00 Woodcarving 10:15 Chair Yoga 12:30 Corn Hole	20 9:00 Open Art Studio 10:15 Exercise 2:00 Table Tennis
23 9:00 Classic Movie Silver Lining Playbook 10:15 Exercise	24 8:30 Open Art Studio 9:30 Stretch, Strengthen & Health 10:00 Library w/AJ 10:00 Wii Bowling 10:15 Chair Yoga	25 9:00 Arm Chair Travel 9:00 Woodcarving 10:15 Exercise 12:30 Board Games 1:00 Afternoon Movie	26 9:00 Woodcarving 10:15 Chair Yoga 12:30 Corn Hole	27 9:00 Open Art Studio 10:15 Exercise 2:00 Table Tennis
30 9:00 Classic Movie Wolfman 10:15 Exercise 6:30-8:30 pm Town Hall Meeting	31 8:30 Open Art Studio 9:30 Stretch, Strengthen & Health 10:00 Wii Bowling 10:15 Chair Yoga 11:00 Costume Contest 12:15 Halloween Party 			



LUNCH PROGRAM
Inside dining
Reservations 793-9069



**MCOA Annual
Bean Dinner**
October 14th, 11:00am-1:00pm

SIGN UP IN OFFICE

501 East Main St. | 405-799-3130

