


OCTOBER 2024 SENIOR CENTER PROGRAMS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  | 10/1 9:00 Zumba Gold 10:30 Balance 1:00 Tai Chi 2:00 Tai Chi (Adv) | 10/2 9:30 Beg Line Dance 10:00 Arthritis Fitness 10:30 Adv Line Dance 11:15 Feldenkrais Method 12:00 Lunch Club 60 1:15 Get Fit & Stress Less | 10/3 9:00 Zumba Gold 9:30 **Tech w/Ginny 11:00 Cooking Class 1:00 Tai Chi 2:00 Tai Chi (Adv) | 10/4 9:00 Yoga 12:00 Lunch Club 60 2:00 Square Dancing |
| 10/7 9:00 Yoga 9:30 NIA 10:00 Arthritis Exercise 12:00 Lunch Club 60 12:45 Online Balance Class | 10/8 9:00 Zumba Gold 10:30 Balance 11:00 **Lisa Wholley, Lifespan, SW 12:00 Octoberfest Luncheon 1:00 Tai Chi 2:00 Tai Chi (Adv) | 10/9 9:30 Beg Line Dance 10:00 Arthritis Fitness 10:30 Adv Line Dance 11:15 Feldenkrais Method 12:00 Lunch Club 60 1:15 Get Fit & Stress Less | 10/10 9:00 Zumba Gold 9:00 AARP Driver's Safety 9:30 **Tech w/Ginny 10:00 Geneva Trip 1:00 Tai Chi 2:00 Tai Chi (Adv) | 10/11 12:00 Lunch Club 60 2:00 Square Dancing |
| 10/14 Building Closed Columbus/Indigenous Peoples' Day | 10/15 9:00 Zumba Gold 10:30 Balance 12:30 Living Healthy Workshop 1:00 Tai Chi 2:00 Tai Chi (Adv) | 10/16 9:00 **Flu Shots 9:30 Beg Line Dance 10:00 Arthritis Fitness 10:30 Adv Line Dance 12:00 Lunch Club 60 1:15 Get Fit & Stress Less | 10/17 9:00 Zumba Gold 9:00 AARP Driver's Safety 9:30 ** Tech w/Ginny 10:30 Movie & Pizza– Miss Potter 1:00 Tai Chi 2:00 Tai Chi (Adv) | 10/18 9:30 Craft Club 12:00 Lunch Club 60 2:00 Square Dancing |
| 10/21 10:00 Arthritis Exercise 12:00 Lunch Club 60 12:45 Online Balance Class | 10/22 9:00 Zumba Gold 10:30 Balance 12:00 Haunted Halloween Luncheon 12:30 Living Healthy Workshop 1:00 Tai Chi 2:00 Tai Chi (Adv) | 10/23 9:30 Beg Line Dance 10:00 Arthritis Fitness 10:30 Adv Line Dance 12:00 Lunch Club 60 1:15 Get Fit & Stress Less | 10/24 9:00 Zumba Gold 9:30 **Tech w/Ginny 10:30 Powers Market Trip 1:00 Tai Chi 2:00 Tai Chi (Adv) | 10/25 12:00 Lunch Club 60 2:00 Square Dancing |
| 10/28 9:30 NIA 10:00 Arthritis Exercise 12:00 Lunch Club 60 | 10/29 9:00 Zumba Gold 10:30 Balance 12:30 Living Healthy Workshop 1:00 Tai Chi 2:00 Tai Chi (Adv) | 10/30 9:30 Beg Line Dance 10:00 Arthritis Fitness 10:30 Adv Line Dance 12:00 Lunch Club 60 1:15 Get Fit & Stress Less | 10/31 9:00 Zumba Gold 9:30 **Tech w/Ginny 11:00 Intergenerational Club – Pizza Party 1:00 Tai Chi 2:00 Tai Chi (Adv) |  |

[See the Senior Programs brochure for program details](#)

Pittsford Senior Center - (585) 248-6235

** By Appointment / Reservation Only