



# Lakeland Activity Center for Seniors – October 2017

1510 Commercial Park Drive, Lakeland, FL  
863-687-2988 bcage@cflcc.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>**The activities written in green are Healthy Initiatives activities.</b></p>	<p><b>2</b></p> <p>11:00 Chair Exercise 11:30 Lunch 12:30 pm Cardio DVD 1:00 Bingo</p>	<p><b>3</b></p> <p>10 am Nutrition/Cooking Demonstration Gail Bagley 10 am Tai Chi DVD 10 am Computer Class 11:30 Lunch 12:30 Line Dancing 12:30 Men's Bridge</p>	<p><b>4</b></p> <p>9:30 Grief Support – Fr. Vern 9:30 Produce Distribution 9:30 am Tai Chi 11:00 Chair Exercise 11:30 Lunch 12:30 pm Cardio DVD 1:00 BINGO</p>	<p><b>5</b></p> <p>10 am – General Questions on Medicare Plans with Eva from Trinity Medical 11:30 Lunch 1 pm Art Club 1 pm Scrabble</p>	<p><b>6</b></p> <p>10:00 Cardio DVD 10am-2pm Hand &amp; Foot *will break for lunch 11:00 Chair Exercise 11:30 Lunch 12:30 Tai Chi DVD</p>	<p><b>7</b></p>
<p><b>8</b></p>	<p><b>9</b></p> <p>11:00 Chair Exercise 11:30 Lunch 12:30 pm Cardio DVD 1:00 Bingo</p>	<p><b>10</b></p> <p>10 am Tai Chi DVD 10 am Computer Class 11:30 Lunch 12:30 Line Dancing 12:30 Men's Bridge</p>	<p><b>11</b></p> <p>9:30 Produce Distribution 9:30 am Tai Chi 11:00 Chair Exercise 11:30 Lunch *12:15 Movie at Valencia Hills **(see notes) 12:30 pm Cardio DVD 1:00 BINGO</p>	<p><b>12</b></p> <p>9:30 – 11 Fellowship Dining Shopping – NO NEW APPLICATIONS 11:30 Lunch 1 pm Art Club 1 pm Scrabble</p>	<p><b>13</b></p> <p>10:00 Cardio DVD 10am-2pm Hand &amp; Foot *will break for lunch 11:00 Chair Exercise 11:30 Lunch 12:30 Tai Chi DVD</p>	<p><b>14</b></p> <p><b>**Please sign up at front desk for Valencia Hills movie trip. The movie will be the new Beauty and the Beast.</b></p>
<p><b>15</b></p>	<p><b>16</b></p> <p>10:00 BIRTHDAY PARTY with games sponsored by VITAS 11:00 Chair Exercise 11:30 Lunch 12:30 pm Cardio DVD 1:00 Bingo</p>	<p><b>17</b></p> <p>9:30 Wii Bowling 10 am Computer Class 11:30 Lunch 12:30 Line Dancing 12:30 Men's Bridge</p>	<p><b>18</b></p> <p>9:30 Produce Distribution 9:30 Mini Pantry sponsored by Dedicated Healthcare 9:30 am Tai Chi 11:00 Chair Exercise 11:30 Lunch 12:30 pm Cardio DVD 1:00 Bingo</p>	<p><b>19</b></p> <p>11:30 Lunch 1 pm Art Club 1 pm Scrabble</p>	<p><b>20</b></p> <p>10:00 Cardio DVD 10am-2pm Hand &amp; Foot *will break for lunch 11:00 Chair Exercise 11:30 Lunch 12:30 Tai Chi DVD</p>	<p><b>21</b></p>
<p><b>22</b></p>	<p><b>23</b></p> <p>9:30 – 11 Fellowship Dining Shopping – NO NEW APPLICATIONS 11:00 Chair Exercise 11:30 Lunch 12:30 pm Cardio DVD 1:00 Bingo</p>	<p><b>24</b></p> <p>9:30 Wii Bowling 10 am Computer Class 12:30 Line Dancing 12:30 Men's Bridge</p>	<p><b>25</b></p> <p>9:30 Produce Distribution 10 am - Nutrition/Cooking Demonstration – Karen Webb 9:30 am Tai Chi 11:00 Chair Exercise 11:30 Lunch 12:30 pm Cardio DVD 1:00 Bingo</p>	<p><b>26</b></p> <p>10 am Financial Education – *sign up at front desk 11:30 Lunch 1 pm Art Club 1 pm Scrabble</p>	<p><b>27</b></p> <p>10:00 Cardio DVD 10am-2pm Hand &amp; Foot *will break for lunch 11:00 Chair Exercise 11:30 Lunch 12:30 Tai Chi DVD</p>	<p><b>28</b></p>
<p><b>29</b></p>	<p><b>30</b></p> <p>11:00 Chair Exercise 11:30 Lunch 12:30 pm Cardio DVD 1:00 Bingo</p>	<p><b>31</b></p> <p><b>Happy Halloween!</b> 10 am spooky games and ghostly treats by Humana – Jennifer Mullins 10 am Computer Class 11:30 am Lunch 12:30 Men's Bridge</p>				<p><b>30</b></p> <p><b>** Presentations in red will use the main area (dining/activity rooms); there will be no games during this time.</b></p>

PLEASE NOTE THE CALENDAR IS SUBJECT TO CHANGE\*\*

We distribute fresh produce to help you maintain a balanced, nutrition-rich diet.



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- **Tai Chi classes (with an instructor) have resumed on Wednesdays at 9:30 am. Tai Chi on other days listed will be with the assistance of the DVD.**
- Computer classes with Frances Osmond will continue Tuesdays, at 10 am by request – please set up with Frances in advance. You may solicit private assistance with Frances by leaving your name at the front desk.
- Join us for LINE DANCING with Brittany Melson every Tuesday at 12:30 pm
- Gail Bagley will be doing a cooking/nutrition class on Tuesday, October 3rd.
- Produce distribution will be on Wednesdays, beginning around 9:30 am. You must be present, and an actively participating member of LACS to participate.
- Fr. Vern from VITAS will be here on Wednesday, October 4th, for grief counseling. See the front desk if you would like to schedule her time for a private session.
- **Eva from Trinity Medical will be answering general Medicare questions at 10 am on Thursday, October 5<sup>th</sup>**
- The movie this month at Valencia Hills will be Beauty and the Beast on Wednesday, October 11<sup>th</sup>. Please sign up at the front desk.
- **Fellowship Dining will conduct their shopping trips this month on Thursday, October 12<sup>th</sup>, and Monday, October 23<sup>rd</sup>. They will not be accepting new applicants for the Fellowship Dining program either of those days.**
- We will be celebrating birthdays for October on the 16th with a little party, sponsored by VITAS. Please let me know if your name is not on the list when it goes up each month. THANKS!
- Dedicated Healthcare will be sponsoring a mini-pantry during the regular produce distribution on Wednesday, October 18<sup>th</sup>.
- **Karen Webb from Agape will be presenting a nutrition/cooking demonstration at 10 am on Wednesday, October 25<sup>th</sup>.**

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