



Lakeland Activity Center for Seniors – October 2018

1510 Commercial Park Drive, Lakeland, FL

863-687-2988 bcage@cflcc.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 10 am Nutrition/Cooking Demonstration Gail Bagley 10 am Cardio DVD 11:00 Chair Exercise 11:30 Lunch 12:30 Tai Chi 1:00 Bingo	2 10 am Arts & Crafts with Cecilia 10 am Technology Assistance 11:30 Lunch 12:30 Line Dancing 12:30 Men's Bridge 1 – 3 pm "Healthy Eating"	3 10 am Cardio DVD 10 am Seniors with Soul 11:00 Chair Exercise 11:30 Lunch 12:30 pm Tai Chi DVD 1:00 BINGO	4 9:30 – Wii Sports /Bean Bag Toss 11:30 Lunch 1 pm Scrabble	5 10:00 Cardio DVD 10am-2pm Hand & Foot *will break for lunch 11:00 Chair Exercise 11:30 Lunch 12:30 Tai Chi DVD		
7	8 10 am Cardio DVD 11:00 Chair Exercise 11:30 Lunch 12:30 Tai Chi 1:00 Bingo	9 10 am Technology Assistance 10 am Arts & Crafts with Cecilia 11:30 Lunch 12:30 Line Dancing 12:30 Men's Bridge 1 – 3 pm "Healthy Eating"	10 9:30 am Grief Counseling with Chaplain Ken from VITAS 10 am Jennifer from Humana – Medicare 101 10 am Cardio DVD 11:00 Chair Exercise 11:30 Lunch 12:15 pm - *Movie at Valencia Hills (** see notes) 12:30 Tai Chi DVD 1:00 BINGO	11 9:30 – Wii Sports/Bean Bag Toss 11:30 Lunch 1 pm Scrabble	12 10:00 Cardio DVD 10am-2pm Hand & Foot *will break for lunch 11:00 Chair Exercise 11:30 Lunch 12:30 Tai Chi DVD	13	
14	15 10 am Cardio DVD 10 am Birthday Party sponsored by Dedicated Healthcare 11:00 Chair Exercise 11:30 Lunch 12:30 Tai Chi 1:00 Bingo	16 10 am Technology Assistance 10 am Arts & Crafts with Cecilia 11:30 Lunch 12:30 Line Dancing 12:30 Men's Bridge 1 – 3 pm "Healthy Eating"	17 9:30 Mini Pantry sponsored by Dedicated Healthcare 10 am Cardio DVD 10 am Seniors with Soul 11:00 Chair Exercise 11:30 Lunch 12:30 Tai Chi DVD 1:00 Bingo	18 9:30 – Wii Sports/Bean Bag Toss 10 am Wheel of Fortune with Eva from Trinity Medical 11:30 Lunch 1 pm Scrabble	19 10:00 Cardio DVD 10am-2pm Hand & Foot *will break for lunch 11:00 Chair Exercise 11:30 Lunch 12:30 Tai Chi DVD	20 ** <i>(Please sign up at front desk for Valencia Hills movie trip. The movie TBA</i>	
21	22 10 am "Being Mortal" by Margaret Welsh from Cornerstone Hospice 10 am Cardio DVD 11:00 Chair Exercise 11:30 Lunch 12:30 Tai Chi 1:00 Bingo	23 10 am Arts & Crafts with Cecilia 10 am Technology Assistance 11:30 Lunch 12:30 Line Dancing 12:30 Men's Bridge 1 – 3 pm "Healthy Eating"	24 10 am Cardio DVD 11:00 Chair Exercise 11:30 Lunch 12:30 Tai Chi DVD 1:00 Bingo	25 10 am Bowlarama sponsored by Dedicated 11:30 Lunch 1 pm Scrabble	26 10:00 Cardio DVD 10am-2pm Hand & Foot *will break for lunch 11:00 Chair Exercise 11:30 Lunch 12:30 Tai Chi DVD	27	
28	29 10 am Cardio DVD 10 am Medicare presented by WellCare 11:00 Chair Exercise 11:30 Lunch 12:30 Tai Chi 1:00 Bingo	30 10 am Arts & Crafts with Cecilia 10 am Technology Assistance 11:30 Lunch 12:30 Line Dancing 12:30 Men's Bridge 1 – 3 pm "Healthy Eating"	31 10 am Halloween Party with Consulate Health 11:00 Chair Exercise 11:30 Lunch 12:30 Tai Chi DVD 1:00 Bingo				**The activities written in green are Healthy Initiatives activities.

PLEASE NOTE THE CALENDAR IS SUBJECT TO CHANGE**

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

- **Computer classes/technology assistance with Frances Osmond will continue Tuesdays, at 10 am. You may also solicit individual assistance with Frances by leaving your name at the front desk.**
- **Seniors with Soul will continue the 1st and 3rd Wednesdays of the month (October 3rd & 17th) with Bethany McBride at 10 am.**
- **“Healthy Living” – a joint venture offered through Senior Scholars by the Rath Center and held here at LACS – will begin on Tuesday, October 2nd and continue for 6 weeks on Tuesday afternoons from 1 – 3 pm. This will be an interactive class with presenters, fresh produce and more.**
- **Gail Bagley will be doing a nutrition class on Monday, October 1st.**
- **Chaplain Ken from VITAS will be here on Wednesday, October 10th, for grief counseling. See the front desk if you would like to schedule his time for a private session.**
- **Jennifer Mullins from Humana will be presenting Medicare 101 on Wednesday, October 10th.**
- **The movie at Valencia Hills will be Wednesday, October 10th. Pick-up will be at 12:15 pm.**
- **We will be celebrating birthdays for October on Monday, October 15th with a *Birthday Party*, sponsored by Dedicated Health. Please let me know if your name is not on the list when it goes up each month. THANKS!**
- **Eva from Trinity Medical will be here to play Wheel of Fortune at 10 am on Thursday, October 18th.**
- **The film “Being Mortal” will be presented by Margaret Welsh from Cornerstone Hospice at 10 am on Monday, October 22nd.**
- **Dedicated HealthCare will be sponsoring a Wii Bowl-a-rama on Thursday, October 25th at 10 am.**
- **A presentation on Medicare will be presented by Well-Care on Monday, October 29, 2018.**
- ***Halloween Party* will be sponsored by Consulate Health on Wednesday, October 31st, so wear your costumes to participate in the best costume competition.**

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