


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">OCTOBER</p> <p style="text-align: center;">2024</p> 	<p>1</p> <p>SAC Catered Box Lunch Registration Opens Bldg 3, Registration Desk Downsizing with Everything But the House Noon-1 pm, Bldg 1, Rm 104 Mind, Body & Soul Yoga (5 sessions) 9:30-10:30 am, Bldg 3, Rm 301 Mac: Contacts, Groups & Mailing Labels 1-3 pm, Bldg 3, Rm 301 Watercolor Workshop (5 sessions) 1-3 pm, Bldg 1, Rm 105</p>	<p>2</p> <p>The Secret Weapon for Fighting Frailty: Strength Training for Older Adults! 9-10 am, Bldg 1, Rm 104</p> <p>Fearless CPR 1-3 pm, Bldg 3, Rm 301</p>	<p>3</p> <p>Memory Master: Strategies for the Aging Brain (4 sessions) 9-10 am, Bldg 1, Rm 204 Thursday Line Dance (5 sessions) 10-11 am, Bldg 2, Rm 205 Gentle Hatha Yoga (4 sessions)(skip 10/10) 10-11 am, Bldg 3, Rm 301 Exploring Awe, Beauty & Wonder (4 sessions) 10 am-Noon, Bldg 1, Rm 104 Lunch Buddies 11:05 am, Bldg 2, Rm 205</p>	<p>4</p> <p>OSU Tailgate Party 11 am-12:30 pm, Bldg 2, Rm 205 WITS Workout (4 sessions) 11 am-Noon, Bldg 3, Rm 301 50+ Connections 1 pm, Bldg 1, Rm 104</p>
<p>7</p> <p>Ballroom Dance (6 sessions) (skip 11/11) Int: 9:30 am, Beg: 10:30 am, Bldg 2, Rm 205 Monday Morning Drawing (4 sessions) 10:30 am-12:30 pm, Bldg 1, Rm 105 No-Sew Fleece Blanket 1:30-3:30 pm, Bldg 1, Rm 104 iPhone: Taking Basic & Beautiful Photos 1-3 pm, Bldg 3, Rm 301</p>	<p>8</p> <p>Building Foundations of Caregiving 10-11 am, Bldg 2, Rm 204</p> <p>Armchair Travel - Columbus Quarry Trails 11 am-Noon, Bldg 1, Rm 104</p> <p>Mac: Keeping Life's Events Organized 1-3 pm, Bldg 3, Rm 301</p>	<p>9</p> <p>Book Club: <i>Lessons in Chemistry</i> by Bonnie Garmus 9:45-11 am, Bldg 1, Rm 104</p> <p>Zumba Gold (6 sessions) 10:15-11 am, Bldg 2, Rm 205</p>	<p>10</p> <p>Coyote Run State Nature Preserve Trip 12:30-3:30 pm, Depart Bldg 2</p>	<p>11</p> <p>Modern Middle East: The Ottoman Empire 10-11 am, Bldg 1, Rm 104</p> <p>Beginners Line Dance (3 sessions) 10-11 am, Bldg 1, Rm 102</p>
<p>14</p> <p>Creative Card Crafting 10 am-Noon, Bldg 2, Rm 204</p> <p>Pumpkin Patch Painting 1-3 pm, Bldg 1, Rm 105</p> <p>iPhone: Camera Modes & Other Features 1-3 pm, Bldg 3, Rm 301</p>	<p>15</p> <p>SAC Boxed Lunch - Katzinger's Deli 11-Noon, Bldg 2, Café UA</p> <p>What Did You Say, AI? 1-3 pm, Bldg 3, Rm 301</p>	<p>16</p> <p>AARP Smart Driver Course 10 am-2 pm, Bldg 3, Rm 301 Global Warming (3 sessions) 10-11:30 am, Bldg 1, Rm 104</p> <p>Grub Club: Carfagna's in Polaris 11 am-3 pm, Depart Bldg 2 Tap Dance (6 sessions) Exp: 12:30 pm; Beg: 1:30 pm, Bldg 2, Rm 205</p>	<p>17</p> <p>Movie Club: <i>Blackberry</i> (R, 2h) 12:30 pm, Bldg 2, Rm 204</p> <p>Art Healthy (5 sessions) 1-2:30 pm, Bldg 1, Rm 105</p>	<p>18</p> <p>50+ Connections 1 pm, Bldg 1, Rm 104</p>
<p>21</p> <p>iPhone: Organizing Your Photo Library 1-3 pm, Bldg 3, Rm 301</p> <p>Guided Forest Therapy 12:30-3:30 pm, Fancyburg Park</p> <p>Mystery Book Club: <i>Still Life</i> by Louise Penny 2-3 pm, Bldg 2, Café UA Lounge</p>	<p>22</p> <p>Full Body Stretch (6 sessions) 8-9 am, Bldg 2, Rm 205</p> <p>Hiking, Moonshine & Shopping In Hocking Hills, 8:30 am-4:30 pm Depart Bldg 2</p>	<p>23</p> <p>World of Travel Trips Preview 10 am, Bldg 2, Rm 204</p> <p>How to Find Trustworthy Information in the 21st Century, 2-3 pm, Bldg 3, Rm 301</p> <p>Pilates Fusion(6 sessions) 4-5 pm, Bldg 1, Rm 102</p>	<p>24</p>	<p style="text-align: center;">Flip this calendar over to see our daily programs.</p>
<p>28</p> <p>I Object! Series II (6 sessions) 10-11 am, Bldg 1, Rm 104 Get to Know Medical Alert Systems & More 1-2 pm, Bldg 1, Rm 104 iPhone: Editing & Sharing Your Photos 1-3 pm, Bldg 3, Rm 301 Aging Strength (6 sessions) (skip 11/11) 3-3:45 pm, Bldg 1, Rm 102 Tai Chi for Health (7 sessions) 4:30-5:30 pm, Bldg 2, Rm 205</p>	<p>29</p> <p>Windows 10: Intro to Windows 1-3 pm, Bldg 3, Rm 301</p> <p>A Taste of French Chocolate 1:30-3 pm, Bldg 2, Rm 204</p>	<p>30</p> <p>Visit the Canopy Walk 12:30-3 pm, Depart Bldg 2</p> <p>Basics of Adobe Express 1-3 pm, Bldg 1, Rm 104</p>	<p>31</p> <p>Mesh Wreath Making 10 am-Noon, Bldg 1, Rm 104</p> <p>Haunting Halloween Home Cooking 11 am-Noon, Bldg 2, Rm 204</p> <p>Tai Chi for Health (7 sessions) 4:30-5:30 pm, Bldg 2, Rm 205</p>	
				<p>Registration Required Advanced registration is required for all programs. Register at least two business days in advance. It allows us to determine if we have enough participants to run the class and time to prepare.</p>