

**October** 2021 Activities **EXCELSIOR SPRINGS SENIOR CENTER** 630-5955

| MON                                                                                                 | TUE                                                                                        | WED                          | THU                                                                                                       | FRI                                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <h1>October</h1>  |                                                                                            |                              |                                                                                                           | 1<br>Gentle Yoga 8:15-8:45                                                                                                                                |
| 4<br>Cardio Drums!<br>8:15-8:45                                                                     | 5<br>Senior Strong<br>8:15-8:45                                                            | 6<br>Senior Zumba 8:15-8:45  | 7<br>Senior Strong<br>8:15-8:45                                                                           | 8<br>Gentle Yoga 8:15-8:45                                                                                                                                |
| 11<br>Cardio Drums!<br>8:15-8:45                                                                    | 12<br>Senior Strong<br>8:15-8:45                                                           | 13<br>Senior Zumba 8:15-8:45 | 14<br>Senior Strong<br>8:15-8:45                                                                          | 15<br>Gentle Yoga 8:15-8:45                                                                                                                               |
| 18<br>Cardio Drums!<br>8:15-8:45                                                                    | 19<br>Senior Strong<br>8:15-8:45<br><br>Eat Better, Eat Together<br>w/ ES Hospital 11:35am | 20<br>Senior Zumba 8:15-8:45 | 21<br>Senior Strong<br>8:15-8:45                                                                          | 22<br>Gentle Yoga 8:15-8:45                                                                                                                               |
| 25<br>Cardio Drums!<br>8:15-8:45                                                                    | 26<br>Senior Strong<br>8:15-8:45                                                           | 27<br>Senior Zumba 8:15-8:45 | 28<br>Senior Strong<br>8:15-8:45<br><br>Demystifying the<br>Advanced Directives<br>w/ ES Hospital 11:35am | 29<br>Gentle Yoga 8:15-8:45<br><br><b>BIRTHDAY &amp;<br/>                     HALLOWEEN<br/>                     CELEBRATION!</b><br>Costumes Encouraged! |