

# October 2018

# Young at Heart Activity Calendar

8-25-2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Young at Heart bulletin board in hallway.</b></p>	<p>1 Go for a walk at Field Park</p>	<p>2 ***Farmer's Market at Field Park every Wednesday from 2:00pm-6:00pm</p>	<p>3 10:30 am Bible Study at VELC with lunch to follow</p>	<p>4 10:30am Crafts. It's all about pumpkins. See sign up board for details. Limit 10</p>	<p>5 2pm Movie at Mukwonago Library  Fish Fry at St. James</p>	<p>6 9:00 am Apraxia Walk at Field Park in Mukwonago</p>
<p>7 Church at 8:15am and 10:15 am</p>	<p>8 Go for a walk at Field Park</p>	<p>9 9:00-3:00pm Quilting at VELC. Bring your lunch.  St. James Bingo</p>	<p>10 10:30am Lunch and Learn VELC. Come and listen to Shari talk about Millenniums. Lunch provided.</p>	<p>11 9:30am Chair Yoga at the Mukwonago Library</p>	<p>12 2pm Movie at Mukwonago Library  Jack-o-lantern Jaunt in Field Park</p>	<p>13 Jack-o-lantern Jaunt in Field Park  </p>
<p>14 Church at 8:15am and 10:15 am  Blood Pressure Screening</p>	<p>15 Go for a walk at Field Park</p>	<p>16 Marcus \$5/ free popcorn. Lunch to follow. See board for details</p>	<p>17 Go to Phantom Lake YMCA Camp for cards and board games 2-4pm</p>	<p>18 Day Trip @ 10:30am with Atonement Church to tour Edgewood Greenhouse. Lunch at Boneyard to follow. See board.</p>	<p>19 2pm Movie at Mukwonago Library</p>	<p>20 Sweetest Day!  </p>
<p>21 Church at 8:15am and 10:15 am</p>	<p>22 Go for a walk at Field Park</p>	<p>23 9:00-3:00pm Quilting at VELC. Bring your lunch.  St. James Bingo</p>	<p>24 Lunch Bunch meet at Chens at 11:30am. See sign up board for details.</p>	<p>25 9:30am Chair Yoga at the Mukwonago Library</p>	<p>26 2pm Movie at Mukwonago Library</p>	<p>27 11:00am-4:30pm Wellness Fair at Waukesha County Expo Center</p>
<p>28 Church at 8:15am and 10:15 am</p>	<p>29 Go for a walk at Field Park</p>	<p>30 Free Bingo w/ prizes at Mukwonago Town Hall On Tuesdays October 2 &amp; 16 10:00am- 11:00am</p>	<p>31 Go to Phantom Lake YMCA Camp for cards and board games 2-4pm every Wednesday</p>	<p>Mukwonago Resource Center Seniors Plus 9am every Wednesday and Thursday</p>	<p>Vernon Evangelical Lutheran Church (VELC)</p>	<p>Contact Deb Teresinski with questions: 262-363-4105</p>