

October 2020 The Club

Memory Enhancement Program
Monday – Friday 9:00 a.m. — 2:00

Su	Mon (Open 7:30-5)	Tue (Open 7:30-5)	Wed (Open 7:30-5)	Thu (Open 7:30-5)	Fri (Open 7:30-5)	Sat
30				1 Afternoon Activities <ul style="list-style-type: none"> • Discussion Group • Sports Fitness • Patio Trivia • Sing-a-long 	2 Afternoon Activities <ul style="list-style-type: none"> • Travel Club • Balance Class • Brain & Body Fitness • Sing-a-long 	3
4	5 Afternoon Activities <ul style="list-style-type: none"> • Discussion Group • Sports Fitness • Patio Trivia • Sing-a-long 	6 Afternoon Activities <ul style="list-style-type: none"> • Healthy Living Series • Chair Fitness • Patio Trivia • Veterans Club • Sing-a-long 	7 Afternoon Activities <ul style="list-style-type: none"> • Discussion group • History Series • Resistance Training • Art Series • Fall Festival 	8 Afternoon Activities <ul style="list-style-type: none"> • Welcome Committee • Veterans Club • Discussion Group • Fall Festival • Sing-a-long 	9 Afternoon Activities <ul style="list-style-type: none"> • Travel Club • Balance Class • Brain & Body Fitness • Sing-a-long 	10
11	12 Afternoon Activities <ul style="list-style-type: none"> • Discussion Group • Sports Fitness • Patio Trivia • Sing-a-long • Columbus Day 	13 Afternoon Activities <ul style="list-style-type: none"> • Healthy Living Series • Chair Fitness • Patio Trivia • Veterans Club • Sing-a-long 	14 Afternoon Activities <ul style="list-style-type: none"> • History Series • Resistance Training • Music & Motion • Patio Chat • Sing-a-long 	15 Afternoon Activities <ul style="list-style-type: none"> • Welcome Committee • Music & Motion for Parkinson • Veterans Club • Sing-a-long 	16 Afternoon Activities <ul style="list-style-type: none"> • Travel Club • Balance Class • Brain & Body Fitness • Patio Chat • National Boss day • Sing-a-long 	17
18	19 Afternoon Activities <ul style="list-style-type: none"> • Sports Fitness • Patio Trivia • Discussion Group • Sing-a-long 	20 Afternoon Activities <ul style="list-style-type: none"> • Healthy Living Series • Chair Fitness • Patio Trivia • Veterans Club • Sing-a-long 	21 Afternoon Activities <ul style="list-style-type: none"> • History Series • Resistance Training • Music & Motion • Art Series • Sing-a-long 	22 Afternoon Activities <ul style="list-style-type: none"> • Welcome Committee • Music & Motion for Parkinson • Veterans Club • Sing-a-long 	23 Afternoon Activities <ul style="list-style-type: none"> • Travel Club • Balance Class • Brain & Body Fitness • Sing-a-long 	24
25	26 Afternoon Activities <ul style="list-style-type: none"> • Discussion Group • Sports Fitness • Patio Trivia • Sing-a-long 	27 Afternoon Activities <ul style="list-style-type: none"> • Discussion Group • Sports Fitness • Patio Trivia • Sing -a-long 	28 Afternoon Activities <ul style="list-style-type: none"> • Discussion Group • Sports Fitness • Patio Trivia • Sing -a-long 	29 Afternoon Activities <ul style="list-style-type: none"> • Discussion Group • Sports Fitness • Patio Trivia • Sing-a-long 	30 Afternoon Activities <ul style="list-style-type: none"> • Discussion Group • Sports Fitness • Patio Trivia • Halloween Party 	31

Morning Programs

9:30-11:45 am

Brain Fitness

Exercise Classes

*1st & 3rd Tuesday

Music Therapy

Lunch: 12:00 -12:30 pm

Afternoon Programs

12:30-2:00 pm

BINGO WITH PRIZES

BRAIN FITNESS

2:00 PM – 4:00 PM

Reminiscent Club

Music & Motion

Trivia

Special Thanks to Our
Entertainers For Donating
Their Time & Resources

Contact

Main: 772-223-7844

Transportation: 772-223-7855

www.kanecenter.org