




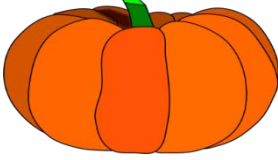


October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<p>10:30-Chapel Worship (BMC)</p> <p>Use this month to get fit!: Try our various Aerobic classes</p> <p>Level 1- Swing into shape (seated)</p> <p>Level 2- Stretching/toning (Can be seated or standing) Hand weights to be used</p> <p>Level 3- Silver Cardio (standing- higher impact)</p>	<p>9:30-Coffee Social (Coffee Shop)</p> <p>10:00-Swing into Shape (LGR)</p> <p>10:30-Water Aerobics</p> <p>11:00-Water Volleyball</p> <p>1:00-Bible Study (Concord)</p> <p>1:00-Bible Study w/Pastor Mary (Library)</p> <p>2:00-Cognitive Fitness (LGR)</p> <p>3:30-5:30-Terrace Lite (Cafe)</p>	<p>9:30-Wal-Mart</p> <p>10:00-Silver Cardio (LGR)</p> <p>2:00-Martinsburg Community Library: "Moving Your Community Forward" by Jackie (GCC)</p> <div style="text-align: center;"></div> <p>7:00-Vespers (BMC)</p>	<p>10:00-Swing into Shape (LGR)</p> <p>10:30-Water Arthritis</p> <p>11:00-Water Volleyball</p> <p>11:30-Lunch at McDonald's for National Frappe Day</p> <p>1:00-Senior Yoga (LGR)</p> <p>1:00-"The Shack" Bible Study (Concord Room)</p> <p>2:00-Book Club/Paula (2nd floor meeting room)</p> <p>3:00-Dominoes (Rec Room)</p> <p>5:30-Computer Class w/Chelsea (Cyber Lounge)</p> <p>6:00-Poker Night (LGR)</p>	<p>Fall Bazaar 10:00-4:00 GCC</p> <p>10:00 Stretching/Toning (LGR)</p> <p>1:00-Scrabble (Player's Club)</p> <p>3:30-Chapel Choir Practice (BMC)</p>	<p>Fall Bazaar 10:00-4:00 GCC</p> <p>10:00-Swing into Shape (LGR)</p> <p>4:30-Terrace Hour (Cafe)</p> <p>6:00- "Fun & Fellowship" Card/Board Games (Cafe Lounge)</p> <p>World Smile Day - help us to support this day with your best SMILE</p> <p style="color: red;">RSVP for IL Dinner on Oct. 11 TODAY to avoid a late fee</p>	<p>9:30-Autumn Glory Ride (Roaring Spring Train Station) (LIMITED tickets) First come, First Serve - \$10 per person)</p> <p>10:00-Needlework (Great Room)</p> <p>10:00-Table Tennis, Darts and Shuffleboard (LGR)</p> <p>2:00-Bingo (Library)</p>
8	9	10	11	12	13	14
<p>10:30-Chapel Worship (BMC)</p>	<p>9:30-Coffee & Sweet Treats Social (Coffee Shop)</p> <p>10:00-Swing into Shape (LGR)</p> <p>10:30-Water Aerobics</p> <p>11:00-Water Volleyball</p> <p>1:00-Bible Study w/Pastor Mary (Library)</p> <p>1:00-Bible Study (Concord)</p> <p>2:00-Cognitive Fitness (LGR)</p> <p>3:30-5:30-Terrace Lite (Cafe)</p> <p>6:30-Xelle Majorette & Dance Group Present – "Night on Broadway" (GCC)</p>	<p>9:30-Giant Eagle</p> <p>10:00-Silver Cardio (LGR)</p> <p>1:30-Johnstown Flood Presentation (GCC)</p> <div style="text-align: center;"></div> <p>3:00-Alzheimers Support Group (Club Room)</p> <p>7:00-Vespers (BMC)</p>	<p>10:00-Swing into Shape (LGR)</p> <p>10:30-Water Arthritis</p> <p>10:30-Blood Pressure Screening (Community Nursing Office)</p> <p>11:00-Water Volleyball</p> <p>1:00-"The Shack" Bible Study (Concord Room)</p> <p>4:30-IL Dinner – SERVED AT 4:30 (Cafe) – RSVP by calling 793-1317 NO LATER THAN OCT. 6</p> <p>5:30-Computer Class w/Chelsea (Cyber Lounge)</p> <p>6:00-Poker Night (LGR)</p>	<p style="color: red;">9:00-Community Update Breakfast with Lisa</p> <p>1:00-Scrabble (Player's Club)</p> <p>2:00-Lutheran Communion (BMC)</p> <p>3:30-Chapel Choir Practice (BMC)</p>	<p>10:00-Swing into Shape (LGR)</p> <p>10:30-Water Aerobics</p> <p>11:00-Water Volleyball</p> <p>4:30-Terrace Hour (Cafe)</p> <p>6:00- "Fun & Fellowship" Card/Board Games (Cafe Lounge)</p>	<p>10:00-Table Tennis, Darts and Shuffleboard (LGR)</p> <p>10:00-Needlework (Great Room)</p> <p>2:00-Bingo (Library)</p> <p style="text-align: center;">Taste of the Cove (benefits Martinsburg Community Library) – 5:00PM-8:PM (GCC)</p> <p style="text-align: center;">Tickets: Call 793-3335</p>
15	16	17	18	19	20	21
<p>10:30-Chapel Worship (BMC)</p> <p>6:30-"Fields of Harvest Fellowship" with Pastor Frank Hebler (BMC)</p>	<p>9:30-Coffee Social (Coffee Shop)</p> <p>10:00-Swing into Shape (LGR)</p> <p>10:30-Water Aerobics</p> <p>11:00-Water Volleyball</p> <p>1:00-Bible Study (Concord)</p> <p>1:00-Bible Study w/Pastor Mary (Library)</p> <p>2:00-Cognitive Fitness (LGR)</p> <p>3:30-5:30-Terrace Lite (Cafe)</p>	<p>9:30-Wal-Mart</p> <p>10:00-Silver Cardio (LGR)</p> <p>2:00-Fall Craft (Rec Room)</p> <p>7:00-Vespers (BMC)</p>	<p>10:00-Swing into Shape (LGR)</p> <p>10:30-Water Arthritis</p> <p>11:00-Water Volleyball</p> <p>1:00-"The Shack" Bible Study (Concord Room)</p> <p>1:00- Senior Yoga</p> <p>2:00-Food Demo/Food Focus Group (EACC)</p> <p>5:30-Computer Class w/Chelsea (Cyber Lounge)</p> <p>6:00-Poker Night (LGR)</p>	<p>10:00- Stretching/Toning (LGR)</p> <p>11:00-Astronomy Classes (LGR)</p> <p>1:00-Scrabble (Player's Club)</p> <p>3:00-Catholic Mass (BMC)</p> <p>3:30-Chapel Choir Practice (BMC)</p>	<p>10:00-Swing into Shape (LGR)</p> <p>10:30-Water Aerobics</p> <p>11:00-Water Volleyball</p> <p>5:30-Meal and 6:30 Play - Bedford County Players: Dinner Theater (GCC) "Just Desserts"</p> <p style="color: red;">*See Jennifer Helsley for tickets or call her at 793-1353</p> <p>6:00- "Fun & Fellowship" Card/Board Games (Cafe Lounge)</p>	<p>10:00-Needlework (Great Room)</p> <p>10:00-Table Tennis, Darts and Shuffleboard (LGR)</p> <p>2:00-Bingo (Library)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>22</p> <p>10:30-Chapel Worship (BMC) 6:30-The Hope Singers (GCC)</p>	<p>23</p> <p>9:30-Coffee & Sweet Treats Social (Coffee Shop) 10:00-Swing into Shape (LGR) 10:30-Water Aerobics 11:00-Water Volleyball 2:00-Cognitive Fitness (LGR) 3:30-5:30-Terrace Lite (Cafe)</p>	<p>24</p> <p>9:30-Giant Eagle 10:00-Silver Cardio (LGR) 12:30-2:00-"Think Pink" Day to raise awareness for breast cancer – you can receive a pink "streak" in your hair from the Matura hair stylists and refreshments will be provided (EACR) 2:00-Drive Through the Cove  7:00-Vespers (BMC)</p>	<p>25</p> <p>9:30-Men's Coffee & Donuts Social (Coffee Shop) 10:00-Swing into Shape (LGR) 10:30-Water Arthritis 11:00-Water Volleyball 1:00-"The Shack" Bible Study (Concord Room) 3:00-Circle of Friends (Rec Room) 5:30-Computer Class w/Chelsea (Cyber Lounge) 6:00-Poker Night (LGR)</p>	<p>26</p> <p>Trick or Treat Night for Martinsburg Community</p> <p>10:00- Stretching/Toning (LGR) 11:00-Astronomy Classes (LGR) 1:00-Scrabble (Player's Club) 2:00-Decorate a Pumpkin Day (Rec Room) – we will supply the pumpkins for you as well as some decorating materials 3:30-Chapel Choir Practice (BMC) 6:00-You may come to the EACR to watch the local children come through with their costumes on for Trick or Treat night</p>	<p>27</p> <p>10:00-Swing into Shape (LGR) 10:30-Water Aerobics 11:00-Water Volleyball 12:00-Lunch out then onto the Altoona Public Library Fall Used Book Sale (lunch location to be determined)  4:30-Terrace Hour (Cafe) 6:00-"Fun & Fellowship" Card/Board Games (Cafe Lounge) 6:15-"Annie" - RSVP'S and Monies are due BY OCT. 13th (Bedford Gardner Memorial Theater) - \$15 per person</p>	<p>28</p> <p>10:00-Table Tennis, Darts and Shuffleboard (LGR) 10:00-Needlework (Great Room) 2:00-Bingo (Library)</p>
<p>29</p> <p>10:30-Chapel Worship (BMC)</p>	<p>30</p> <p>National Candy Corn Day - stop in for a treat (Rec Room)</p> <p>9:30-Coffee Social (Coffee Shop) 10:00-Swing into Shape(LGR) 10:30-Water Aerobics 11:00-Water Volleyball 1:00-Resident's Association Executive Committee Meeting (Library) 1:00-Bible Study w/Pastor Mary (Location to be announced) 1:00-Bible Study (Concord) 2:00-Cognitive Fitness (LGR) 3:30-5:30-Terrace Lite (Cafe)</p>	<p>31</p> <p>9:30-C & S Grocery Store 10:00-Silver Cardio (LGR) 11:00-Religious Life Committee Meeting (BMC) 2:00-Parkinson's Support Group w/Jody Hurley (LGR) 2:00-Halloween Social (Café) Wear a costume (if you wish) and bring along your decorated pumpkin – we will give prizes for costumes and decorated pumpkins at this social – snacks & drinks will also be provided  7:00-Vespers (BMC)</p>	<p>Jennifer 793-1353</p> <p>Michelle 793-1340</p> 	<p><u>IL Dinner Menu for October 11:</u></p> <p>Salad: Spinach & Romaine, Roasted Beets, Goat Cheese & Pine Nuts Entrée: Beef Pot Roast, Roasted Root Veggies & Potatoes, Gravy, Biscuit Dessert: Orange Fall Custard Bar w/Oatmeal Crust & Nuts</p> <p>\$13.00 + tax per person Please RSVP by calling 793-1317 NO LATER THAN OCT. 6 to avoid a late fee (Debbie/Darlene)</p>	<p>GCC=Givler Cultural Center BMC=Bice Memorial Chapel EACR=Ernie Angell Conference Room LGR=Legends Game Room</p> <p>Please keep in mind that this calendar is subject to change...</p>	<p>Use this month to get fit! Try our various Aerobic classes</p> <p>Level 1- Swing into shape (seated)</p> <p>Level 2- Stretching/toning (Can be seated or standing) Hand weights to be used</p> <p>Level 3- Silver Cardio (standing- higher impact)</p>

Please sign up for all of the trips and events in **RED** in which you wish to participate in. This helps us to best prepare food, transportation, etc. **THANK YOU!**