



ACTIVE ADULT PROGRAMMING

BAY VIEW FAMILY BRANCH

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 12:15 - 2:15 pm Room Closed for Program	2	3 12:15 - 2:15 pm Room Closed for Program	4
7	8 Trainer Tips with Steve: Sleep - Room is closed until the lecture is done 11:30 am	9	10 12:15 - 2:15 pm Room Closed for Program	11
14	15 Flu Shots 9 - 11 am *Room Closed	16 Senior Bingo with Jeff 11:30 am - 1 pm	17	18
21 Blood Pressure Office Hours with Rita 9:30 - 11 am	22 Trainer Tips with Steve: Machines vs Free weights 11:30 am	23 Mindfully Navigating Menopause workshop (lecture) - Registration required 6 - 6:55 pm	24	25
28	29 Trivia with Jeff 11:30 am - 1 pm	30	24	