

# October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10am:Line dance 11am:Arthritis exercise  1pm:Lunch Barlow Trail	2 Trip today	3
4	5 1pm:Lunch Wildwood Cafe	6 10am:Line Dance 11am:Arthritis exercise	7 9am:Yoga 10am:Tops 10am:Shop	8 9:30am:Foot Clinic 10am:Line dance 11am:Arthritis exercise Legal clinic/Sandy 1pm:Lunch Barlow Trail	9	10
11	12 11am: Board Mtg. 1pm:Lunch Wildwood Cafe	13 10am:Line Dance 11am:Arthritis exercise	14 9am:Yoga 10am:Tops	15 10am:Line dance 11am:Arthritis exercise  1pm:Lunch Barlow Trail	16	17 Trip today
18	19 1pm:Lunch Wildwood Cafe	20 10am:Line Dance 11am:Arthritis exercise	21 9am:Yoga 10am:Tops 10am:Shop 4pm:ZigZag for dinner	22 10am:Line dance 11am:Arthritis exercise  1pm:Lunch Barlow Trail	23	24
25	26 1pm:Lunch Wildwood Cafe	27 10am:Line Dance 11am:Arthritis Exercise Trip today	28 9am:Yoga 10am:Tops	29 10am:Line dance 11am:Arthritis exercise  1pm:Lunch Barlow Trail	30	31