

October

Pulaski Senior Center 540-994-8627

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Sign up Day 8:30a.m.-5:00p.m.	3 Chair Exercise 10:30a.m. Game Day Cards, Yahtzee, Phase10	4 Bingo at the Center 11:00a.m./ Free	5 Tai Chi 10:30a.m.-11:30a.m.	6 Hamrick's and Golden Coral 9:30a.m./ \$5.00	7
8	9 Senior Center Closed Columbus Day	10 Chair Exercise 10:30a.m. Game Day Cards, Yahtzee, Phase10	11 Ruritan Bingo and Lunch 11:00a.m/ Free Must Sign-up	12 Tai Chi 10:30a.m.-11:30a.m.	13 Baked Potato day 12:00p.m./ \$2.00	14
15	16 Craft Day 10:30a.m./ Free Movie at 1:00p.m.	17 Chair Exercise 10:30a.m. Game Day Cards, Yahtzee, Phase10	18 Bingo at the Center 11:00a.m./ Free Bereavement group 3- 4pm	19 Tai Chi 10:30a.m.-11:30a.m.	20 Breakfast at the Center 9:00a.m./ \$3.00 Movie at 1:00p.m.	21
22	23 Hamrick's and Golden Coral 9:30a.m./ \$5.00	24 Chair Exercise 10:30a.m. Game Day Cards, Yahtzee, Phase10	25 Bingo at the Center 11:00a.m./ Free Movie at 1:00p.m.	26 Tai Chi 10:30a.m.-11:30a.m.	27 Movie Day and Lunch 11:30a.m./ \$2.00	28
29	30 Halloween Party 11:00a.m./ \$2.00 Halloween Movie 1p.m.	31 Chair Exercise 10:30a.m. Game Day Cards, Yahtzee, Phase10				
	MUST SIGN UP FOR ALL EVENTS YOU WILL BE ATTENDING.					