


















OCTOBER 2021
West Side Community House Healthy Aging Center
 (216) 771-7297 ext. 303/www.WSCHouse.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="background-color: yellow; border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Activities may change without notice </div>				1 10:15 Bingo 11:00 Beach Volleyball 
4 Pick up Meals 10-12 Meals Delivered 10:00-Noon	10:15 Bingo 11:00 Zoom Tai Chi	6 10:15 Bingo 11:00 Zoom Matter of Balance 	7 10:00 Art Expressions 11:00 Zoom Meditation 12:30 Bingo	8 10:15 Bingo 11:00 Beach Volleyball 11:45 Post Office On Wheels 
11 SITE CLOSED  Columbus Day	12 NO CENTER PROGRAM Pick up Meals 10-12 Meals Delivered 10:00-Noon 	13 10:00 Lets Make A Deal 11:00 Zoom Matter of Balance 1:00 Shopping at Marc,s / Dollar Tree 	14 10:00 Art Expressions 11:00 Zoom Meditation 12:30 Lets Make A Deal 	15  10:15 Bingo 11:00 Beach Volleyball
18  Pick up Meals 10-12 Meals Delivered 10:00-Noon	19 10:00 Lets Make A Deal 11:00 Zoom Tai Chi 	20  10:15 Bingo 11:00 Zoom Matter of Balance 10:00 HAC Food Pantry	21 10:00 Art Expressions 11:00 Zoom Meditation 12:30 Bingo	22 10:00 Lets Make A Deal 11:00 Beach Volleyball 1:00 Shopping at Marc,s / Dollar Tree
25 Pick up Meals 10-12 Meals Delivered 10:00-Noon 	26 10:15 Bingo 11:00 Zoom Tai Chi 12:30 Doughnuts & Cider 	27 10:30 Flute Music by Christine 11:00 Zoom Matter of Balance 12:30 Doughnuts & Cider 	28 10:00 Art Expressions 11:00 Zoom Meditation 12:30 Doughnuts & Cider 	29 10:15 Bingo 11:00 Beach Volleyball 12:30 Doughnuts & Cider 