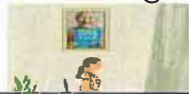


October 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Presentation: Vaya Health "Mental Health"	Chair Yoga 	
4	5	6	7	8	9	10
	 Exercise	Bingo 	Presentation: Humana	Presentation: Legal Aid "Scams"	Hang-Man 	
11	12	13	14	15	16	17
	Exercise 	Bingo 	Brenda with Bands 	Dulcimers 	Presentation: WNCSource "Food Safety"	
18	19	20	21	22	23	24
	Crafts 	Bingo 	Puzzles 	Table Bowling 	Stride for Health 	
25	26	27	28	29	30	31
	Exercise 	Bingo 	Presentation: Fysical "move a little, live a lot"	Presentation: DHHS "Hearing Screening"	Game Day!!! 	

Oct 2026 Quebec Lunch Plus 828-862-4466 111846 Rosman Hwy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mobile Library 1 st Wednesday 10-12				1 Craft	2 Walk for Health	3
4	5 Sara AARP Positive Thinking	6 Bingo 	7 Jamie Care Partners Trivia	8 Adele Game / Trivia	9 Heidi Nutrition	10 Hunger Coalition Rosman Town Hall 10/8!!!
11	12 Fire Dept BP checks	13 Bingo 	14 Fire Dept Safety Tip	15 Mary Yoga	16 Adele Game / Trivia	17
18	19 Rosetta Craft	20 Bingo 	21 Adele Game / Trivia	22 Dennise Alzheimer's Association	23 Dianna Fyziczal	24
25	26 Kim EMS BP cks	27 Bingo 	28 Megan VayaSelfcare Live well	29 Adele Game / Trivia	30 Mary BRH BP checks	31
Happy Birthday Ed F 10/5 Hazel C 10/20	Happy Birthday MM Donnavee C 10/6 Donnoe R 10/15 James L 10/26	WNC Source 828.884.8855 Transport 828.884.3203 Kathy 706.831.2521 				