

HARVARD COMMUNITY SENIOR CENTER ACTIVITIES FOR **October** 2019

Monday 9-3

Tuesday

Wednesday 9-3

Thursday 9-3

Friday

<p>Please note Activities in bold require fees be paid. \$4 for Members \$5 for Lapsed, Inactive, or Non-members See office personal to pay fees *PEARLS is by appointment only. Please Call 815.701.6605</p>		<p>2 9-3 PEARLS* 9a Coffee & Convo 12p Open Activities</p>	<p>3 9-3 PEARLS* 9a Coffee & Convo 12p Open Activities</p>	<p>4  World smile day</p>
<p>7 9-3 PEARLS* 9a Coffee & Convo 2:00-2:45 YOGA 3p-6p SHIP Counseling</p>	<p>8 9-3 PEARLS* Food Pantry</p>	<p>9 9-3 PEARLS* 9a Coffee & Convo 12p Open Activities</p>	<p>10 9-3 PEARLS* 9a Coffee & Convo 12p Open Activities</p>	<p>11</p>
<p>14 9-3 PEARLS* 9a Coffee & Convo 2:00-2:45 YOGA 3p-6p SHIP Counseling</p>	<p>15 9-3 PEARLS* Food Pantry</p>	<p>16 9-3 PEARLS* 9a Coffee & Convo 10a Take Charge of your Health 12p Lunch & Learn <i>Chronic disease care-giving</i></p>	<p>17 9-3 PEARLS* 9a Coffee & Convo 12p Open Activities</p>	<p>18  Chocolate Cupcake day</p>
<p>21 9-3 PEARLS* 9a Coffee & Convo 2:00-2:45 YOGA 3p-6p SHIP Counseling</p>	<p>22 9-3 PEARLS* Food Pantry</p>	<p>23 9-3 PEARLS* 9a Coffee & Convo 10a Take Charge of your Health</p>	<p>24 9-3 PEARLS* 9a Coffee & Convo 12p Open Activities 1p-2:30p Music & Movement</p>	<p>25</p>
<p>28 9-3 PEARLS* 9a Coffee & Convo 2:00-2:45 YOGA 3p-6p SHIP Counseling</p>	<p>29 9-3 PEARLS* Food Pantry</p>	<p>30 9-3 PEARLS* 9a Coffee & Convo 10a Take Charge of your Health</p>	<p>31 9-3 PEARLS* 9a Coffee & Convo 12p Open Activities 1p-2:30p Music & Movement</p>	