


Corrales Senior Center Calendar - October 2024 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:30 - Zumba 9:45 - 10:30 Seated Zumba Gold 9:00 - 4:00 Open Gym	2 9:00 - 10:00 Yoga 10:00 - 11:00 Conversational Spanish Class 12:15 Debbie Life & Health 12:45 Bingo 9:00 - 4:00 Open Gym	3 Zumba Class is Cancelled Today Only 10:00 Project Linus (Quilt) 2:00 Ukulele Group 9:00 - 4:00 Open Gym	4 Line Dancing 8:30 - 9:30 Beginners & 9:45-10:45 Intermediate 2:00 - 3:00 Tai Chi 9:00 - 4:00 Open Gym
7	8	9	10	11
8:30 - 9:30 Yoga & 9:45 - 10:45 Seated Yoga 9:30 Hook, Yarn & Needles 2:00 - 3:00 Tai Chi	8:30 - Zumba 9:45 - 10:30 Seated Zumba Gold 1:00 Grief Support 9:00 - 4:00 Open Gym	9:00 - 10:00 Yoga 10:00 - 11:00 Spanish Class 10:15 Chair Yoga 12:45 Bingo 9:00 - 4:00 Open Gym	8:30 Zumba 9:45 - 10:30 Seated Zumba Gold 10:00 Project Linus (Quilt) 2:00 Ukulele Group 9:00 - 4:00 Open Gym	Line Dancing 8:30 - 9:30 Beginners & 9:45-10:45 Intermediate 2:00 - 3:00 Tai Chi 9:00 - 4:00 Open Gym
14	15	16	17	18
CLOSED FOR STAFF TRAINING No services will be provided on this day. Reopen: Tues. Oct. 15, 2024	8:30 - Zumba 9:45 - 10:30 Seated Zumba Gold 9:00 - 4:00 Open Gym	9:00 - 10:00 Yoga 10:00 - 11:00 Spanish Class 10:15 Chair Yoga 12:45 Bingo 9:00 - 4:00 Open Gym	8:30 Zumba 9:45 - 10:30 Seated Zumba 10:00 Project Linus (Quilt) 2:00 Ukulele Group	Line Dancing 8:30 - 9:30 Beginners & 9:45-10:45 Intermediate 2:00 - 3:00 Tai Chi 9:00 - 4:00 Open Gym
21	22	23	24	25
8:30 - 9:30 Yoga & 9:45 - 10:45 Seated Yoga 9:30 Hook, Yarn & Needles 2:00 - 3:00 Tai Chi	8:30 - Zumba 9:45 - 10:30 Seated Zumba Gold 9:00 - 4:00 Open Gym	9:00 - 10:00 Yoga 10:00 - 11:00 Spanish Class 10:15 Chair Yoga 12:45 Bingo 9:00 - 4:00 Open Gym	8:30 Zumba 9:45 - 10:30 Seated Zumba Gold 10:00 Project Linus (Quilt) 2:00 Ukulele Group 9:00 - 4:00 Open Gym	Line Dancing 8:30 - 9:30 Beginners & 9:45-10:45 Intermediate 9:30 Sock Hop & Dance at Bernalillo Senior Center 2:00 - 3:00 Tai Chi
28	29	30	31	
8:30 - 9:30 Yoga & 9:45 - 10:45 Seated Yoga 9:30 Hook, Yarn & Needles 9:30 46th Annual NM Conference on Aging 2:00 - 3:00 Tai Chi	8:30 - Zumba 9:45 - 10:30 Seated Zumba 1:00 Halloween Dance, Snack Potluck & Costume Contest 9:00 - 4:00 Open Gym	9:00 - 10:00 Yoga 10:00 - 11:00 Spanish Class 10:15 Chair Yoga 12:45 Bingo 9:00 - 4:00 Open Gym	8:30 Zumba 9:45 - 10:30 Seated Zumba 12:00 Leah w/ Beehive 10:00 Project Linus (Quilt) 2:00 Ukulele Group 9:00 - 4:00 Open Gym	