




# OCTOBER 2023

Office Hours: M-W-F 10:00 am to 1:00 pm Phone: (916) 972-9722



<u>SUN</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
1 3-5 SUNDAY SUPPORT	2 10:00 Walk 2:00 Bowling	3 NL Copy Deadline 8:00 Men's Brkfst 10:00 Hand & Foot 12:30 Billiards 3:00 Board Meeting	4 9:00 Ladies' Bkfst	5 9:00 Walking Grp 1:30 Book Club	6 DL The Graduate COLUMBIA	7 8:00 Lido Breakfast 2:00 Recovery Workshop 6:00 Hand & Foot
8 3-5 SUNDAY SUPPORT	9 10:00 Walk 2:00 Bowling	10 DT-O'NITER - LV. 8:00 Men's Brkfst 7:30 San Simeon 10:00 Hand & Foot 12:30 Billiards	11 DT - O'NITER 9:00 Ladies' Bkfst	12 DT-O'NITER 9:00 Walking Grp 4:00 Applebee's	13 DT-O'NITER - RET. DL Membership Luncheon	14 2:00 Recovery Workshop 6:00 Hand & Foot
15 3-5 SUNDAY SUPPORT	16 NL - COPYWRITE 10:00 Walk 2:00 Bowling	17 NL- COPYWRITE 8:00 Men's Brkfst 10:00 Hand & Foot 12:30 Billiards DL- 3rd Wed Dinner	18 NL-PROOF 9:00 Ladies' Bkfst 4:00 3rd Wed Dinner	19 NL- PRODUCTION 9:00 Walking Grp 10:30 Senior Craft 2:00 Poker & Dice	20 NL-CIRC. 7:00 SOCIAL DANCE	21 11:30 Garcia's Membership Luncheon 2:00 Recovery Workshop
22 8:30 DT- COLUMBIA 3-5 SUNDAY SUPPORT	23 10:00 Walk 2:00 Bowling DL Noon Halloween Party	24 8:00 Men's Brkfst 10:00 Hand & Foot 12:30 Billiards	25 9:00 Ladies' Bkfst	26 Out & About at 8:30 Red Hawk 9:00 Walking Grp 1:00 Line Dancing 4 :00 Applebee's	27 6:00 "KARAOKE & KOMEDY"	28 2:00 Recovery Workshop 6:00 Mexican Train Dominoes
29 3-5 SUNDAY SUPPORT	30 10:00 Walk 2:00 Bowling 3:30 HALLOWEEN PARTY 	31 8:00 Men's Brkfst 10:00 Hand & Foot 12:30 Billiards				DL- Deadline for reservations DT- Day of Trip NL - Newsletter Activity