

October

ED CLAPP SENIOR CENTER

Senior Center Opens at 9AM, Closes at 4PM



2801 32nd Ave S, Fargo

Senior Rides: (701) 356-7433

Eden (701) 298-3976

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	9:30 FREE EXERCISE 12:00 NOON MEAL 12:30 PINOCHLE 12:30 CARDS 12:30 BDAY CUPCAKES 	12:00 NOON MEAL 12:00-1:00 FLU SHOTS 12:30 CARDS & MAHJONG 1:00 RESISTANCE TRAINING WITH TOTAL BALANCE PT	9:30 FREE EXERCISE 12:00 NOON MEAL 1:00 MAHJONG 1:00 BINGO 	12:00 NOON MEAL 12:30 CARDS
7	8	9	10	11
12:00 NOON MEAL 12:30 PINOCHLE 12:30 CARDS	9:30 FREE EXERCISE 12:00 NOON MEAL 12:30 PINOCHLE 12:30 CARDS	10-2 FOOT CARE 12:00 NOON MEAL 12:30 CARDS & MAHJONG 	9:30 FREE EXERCISE 12:00 NOON MEAL 1:00 MAHJONG 1:00 BINGO 12:30-4:30 AARP Safe Driving Course	12:00 NOON MEAL 12:30 CARDS
14	15	16	17	18
12:00 NOON MEAL 12:30 PINOCHLE 12:30 CARDS	9:00 FREE EXERCISE 10-1:00 FOOT CARE 12:00 NOON MEAL 12:30 PINOCHLE 12:30 CARDS 	9-10 CHAIR YOGA 10-2 FOOT CARE 12:00 NOON MEAL 12:30 CARDS & MAHJONG 	9:00 FREE EXERCISE 10-1:00 FOOT CARE 12:00 NOON MEAL 1:00 MAHJONG 1:00 BINGO 	12:00 NOON MEAL 12:30 CARDS
21	22	23	24	25
12:00 NOON MEAL 12:30 PINOCHLE 12:30 CARDS 	9:30 FREE EXERCISE 12:00 NOON MEAL 12:30 PINOCHLE 12:30 CARDS	12:00 NOON MEAL 12:30 CARDS & MAHJONG	9:30 FREE EXERCISE 12:00 NOON MEAL 1:00 MAHJONG 1:00 BINGO 	12:00 NOON MEAL 12:30 CARDS
28	29	30	31	
12:00 NOON MEAL 12:30 PINOCHLE 12:30 CARDS	9:30 FREE EXERCISE 12:00 NOON MEAL 12:30 PINOCHLE 12:30 CARDS 	12:00 NOON MEAL 12:30 CARDS & MAHJONG	9:30 FREE EXERCISE 12:00 NOON MEAL 1:00 MAHJONG 1:00 BINGO 	<i>If you are interested in the AARP driving course please call (701) 298-3976 to sign up</i>

TO RESERVE A MEAL AT ED CLAPP CENTER, PLEASE CALL (701) 298-3976 BY 12:00 PM THE DAY BEFORE YOU WOULD LIKE TO EAT. THANK YOU.