

# October

Bone Builder Wilmington is held at St Mary's in the Mountains 9:30—10:30 am

Bone Builders in Whitingham Jacksonville is held at the Jacksonville Municipal Building 10:30—11:30 am

Bone Builders in Dover is held at Butterfield Commons 10—11 am except second Tuesday of the month 10:30—11:30 am (FoodBank day)

YOGA w/ Jill is held at St Mary's in the Mountains Mondays 2—3 pm

Remember to check out the lecture series hosted by Aging In Place at Memorial Hall every Thursdays at 3 pm for more info go to [dvaginginplace.org](http://dvaginginplace.org)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Bone Builders Wil Bone Builders Jac YOGA w/ Jill	4 Bone Builders Dov	5 Bone Builders Wil Chronic Condition Workshop	6 Bone Builders Dov	7 Bone Builders Jac	8
9	10 Columbus Day SASH office closed YOGA w/Jill	11 Bone Builders Dov	12 Bone Builders Wil Chronic Condition Workshop	13 Bone Builders Dov	14 Bone Builders Jac	15
16	17 Bone Builders Wil Bone Builders Jac Yoga w/Jill	18 Bone Builders Dov	19 Bone Builders Wil Chronic Condition Workshop	20 Bone Builders Dov	21 Bone Builders Jac	22
23	24 Bone Builders Wil Bone Builders Jac	25 Bone Builders Dov	26 Bone Builders Wil Chronic Condition Workshop	27 Bone Builders Dov Foot Clinic Call office for appt	28 Bone Builders Jac Flu & BPClinic Petee Library 1:30 - 3 pm	29
30	31 Happy Halloween Party 1 pm					