

2023 OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
01	02 CLOSED For stat that fell on Sat. Sept 30th	03 Youth Seaparc 7-8:15 PM	04 Rise & Shine Fitness 6-7 AM Full Body Fitness 7:30-8:30 PM Tutoring 3:30-5:30PM	05	06 Rise & Shine Fitness 6-7 AM Yoga 12-1:00 PM	07	
08	09 CLOSED Stat Holiday Thanksgiving	10 Youth Seaparc 7-8:15 PM	11 Rise & Shine Fitness 6-7 AM Full Body Fitness 7:30-8:30 PM Tutoring 3:30-5:30PM	12	13 Rise & Shine Fitness 6-7 AM Yoga 12-1:00 PM Youth Dinner and a Movie Night 5:30-8 PM	14	
15	16 Rise & Shine Fitness 6-7AM Full Body Fitness 7:30-8:30 PM	17 Youth Seaparc 7-8:15 PM	18 Rise & Shine Fitness 6-7 AM Full Body Fitness 7:30-8:30 PM Tutoring 3:30-5:30PM	19	20 Rise & Shine Fitness 6-7 AM Yoga 12-1:00 PM Pro D Day Activity 9 AM -3 PM	21	
22	23 Rise & Shine Fitness 6-7AM Full Body Fitness 7:30-8:30 PM	24 Library Book Read & Craft 5-6pm	25 Rise & Shine Fitness 6-7 AM Tutoring 3:30-5:30PM Community Dinner 5-7:00 PM	26	27 Rise & Shine Fitness 6-7 AM Yoga 12-1:00 PM Annual Monster Mash 5:30-8PM	28	
29	30 Rise & Shine Fitness 6-7AM Full Body Fitness 7:30-8:30 PM	31 Halloween	01 Please call the office if you have any questions about an activity and we will direct you to the correct department.				04