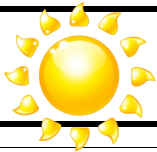


GOLDSBORO PARKS
& RECREATION

OCTOBER 2017

50+ ACTIVITIES



Mon




Tue

Wed

Thu

Fri

Sat

<p>1</p>	<p>2 Fitness 9:00 Stretch Mix 10:00 Let's Play Bridge 11:00 Painting 11:30 Line Dancing 1:00/2:00 Wood Carving 3:45</p>	<p>2 Canasta 9:00 Shuffleboard 9:30 Swimnastics 1:00 Line Dancing 6:00</p>	<p>4 Fitness 9:00 Stretch Mix 10:00 Cornhole 10:00 Let's Play Bridge 1:30</p>	<p>5 Computer 11:00 /1:00 Tap 11:00 Swimnastics 1:00</p>	<p>6 Fitness 9:00 Line Dancing 10:00 TGIF Hand & Foot 1:00</p>	<p>7</p>
<p>8</p> 	<p>9 Fitness 9:00 Stretch Mix 10:00 Let's Play Bridge 11:00 Painting 11:30 Line Dancing 1:00/2:00 Wood Carving 3:45</p>	<p>10 Canasta 9:00 Shuffleboard 9:30 Swimnastics 1:00 Line Dancing 6:00</p>	<p>11 Fitness 9:00 GOLDEN AGERS Luncheon 12:00 Let's Play Bridge 1:30 Fun & Games 1:30</p>	<p>12 Computer 11:00 /1:00 Tap 11:00 Swimnastics 1:00</p>	<p>13 Fitness 9:00 Line dancing 10:00 TGIF Hand & Foot 1:00</p>	<p>14</p>
<p>15</p>	<p>16 Fitness 9:00 Stretch Mix 10:00 Let's Play Bridge 11:00 Painting 11:30 Line Dancing 1:00/2:00 Wood Carving 3:45</p>	<p>17 Canasta 9:00 Shuffleboard 9:30 Swimnastics 1:00 Line Dancing 6:00</p>	<p>18 Fitness 9:00 Stretch Mix 10:00 Cornhole 10:00 Let's Play Bridge 1:30</p>	<p>19 Computer 11:00 /1:00 Tap 11:00 Swimnastics 1:00</p>	<p>20 Fitness 9:00 Line Dancing 10:00 TGIF Hand & Foot 1:00 FALL DANCE! 7:00</p>	<p>21</p> 
<p>22</p>	<p>23 Fitness 9:00 Stretch Mix 10:00 Let's Play Bridge 11:00 Painting 11:30 Line Dancing 1:00/2:00 Wood Carving 3:45</p>	<p>24 Canasta 9:00 Shuffleboard 9:30 Swimnastics 1:00 Line Dancing 6:00</p>	<p>25 Fitness 9:00 Stretch Mix 10:00 Chair Volleyball 10:30 Let's Play Bridge 1:30</p>	<p>26 Computer 11:00 /1:00 Tap 11:00 Swimnastics 1:00</p>	<p>27 Fitness 9:00 Line Dancing 10:00 TGIF Hand & Foot 1:00</p>	<p>28</p>
<p>29</p> 	<p>30 Fitness 9:00 Stretch Mix 10:00 Let's Play Bridge 11:00 Painting 11:30 Line Dancing 1:00/2:00 Wood Carving 3:45</p>	<p>31 Canasta 9:00 Shuffleboard 9:30 Swimnastics 1:00 Line Dancing 6:00 HAPPY HALLOWEEN!</p>	<p>For more information contact Stasia Fields at 919-739-7486 or at sfields@goldsboronc.gov Come and enjoy the "Senior House" at Herman Park Center each weekday from 8:30-5:00 At Goldsboro Parks and Recreation "WE MAKE PLAY HAPPEN!"</p>			