



October

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>*Chair Yoga 11am-12pm 1</p> <p>SOAR Explorers Outing Apple Picking at Royal Oak Farm <i>*Requires pre-registration. \$12 pp for Apple Picking – pay at Orchard. Lunch is not included in the cost. Meet at the Farm</i> 11am-1:30pm</p> <p>Bunco 1-3pm</p> <p>Euchre 1-3pm</p>	<p>Cribbage 9-10am 2</p> <p>Fit & Strong #9 9:30-11am <u>Must be registered.</u></p> <p>TOPS! 9:30-11am</p> <p>Poker 10am-12pm</p> <p>Advisory Meeting 1-2:30pm</p> <p>Canasta 1:30-3:30pm</p> <p>*Gentle Mindful Yoga 5-6pm</p>	<p>3</p> <p>*Tai Chi 9:30-10:30am</p> <p>BYOL & Bingo (\$3) 12-2:30pm</p> <p>Supper Club @ Paisano's in Richmond Must pre-register. Transportation not provided.</p> <p>5-7pm</p>	<p>4</p> <p>*KEEP FIT & STRONG 10-11:30am</p> <p>Mah Jongg 10am-12:30pm</p> <p>Pinochle 1-3:30pm</p>	5
6	<p>*Balance, Strength & Stretch w/ Cindy 10-11am</p> <p>COOL BEADS 11am- 12:30pm</p> <p>Fit & Strong #10 1-2:30pm <u>Must be registered.</u></p> <p>SOAR READS! BOOK CLUB 1-3pm</p> <p>Tai Chi Evening 5-6pm</p> <p>7</p>	<p>The Breakfast Club for Men@ Wendy's 8-9:30am</p> <p>*Chair Yoga 11am-12pm</p> <p>Brown Bag Lunch & Movie 1-3pm</p> <p>Euchre 1-3pm</p> <p>Ageism Awareness Day!</p> <p>8</p>	<p>Cribbage 9-10am 9</p> <p>Fit & Strong #11 9:30-11am <u>Must be registered.</u></p> <p>TOPS! 9:30-11am</p> <p>Poker 10am-12pm</p> <p>Workshop Wednesdays Medicare 101 – Free, Sign up! 1-2:30pm</p> <p>Canasta 1:30-3:30pm</p> <p>*Gentle Mindful Yoga 5-6pm</p> <p>9</p>	<p>10</p> <p>*Tai Chi 9:30-10:30am</p> <p>Annie's 92nd Birthday Bingo (\$3) & Lunch (\$5) 12-2:30pm <i>*Requires pre-registration and pre-payment.</i></p>	<p>11</p> <p>*KEEP FIT & STRONG 10-11:30am</p> <p>Mah Jongg 10am-12:30pm</p> <p>Pinochle 1-3:30pm</p>	12
13	<p>14</p> <p>Columbus Day</p> <p>SOAR @ Dorr is closed.</p>	<p>15</p> <p>*Chair Yoga 11am-12pm</p> <p>Bunco 1-3pm</p> <p>Euchre 1-3pm</p>	<p>Cribbage 9-10am 16</p> <p>Fit & Strong #12 9:30-11am <u>Must be registered.</u></p> <p>TOPS! 9:30-11am</p> <p>Poker 10am-12pm</p> <p>Workshop Wednesdays RTA Senior Discount Cards! Free, Sign up! 1-2:30pm</p> <p>Canasta 1:30-3:30pm</p> <p>*Gentle Mindful Yoga 5-6pm</p> <p>16</p>	<p>17</p> <p>*Tai Chi 9:30-10:30am</p> <p>BYOL & Bingo (\$3) 12-2:30</p> <p>Social Hour @Jude's in Crystal Lake Please pre-register. Transportation not provided. 5-7pm</p>	<p>18</p> <p>*KEEP FIT & STRONG 10-11:30am</p> <p>Mah Jongg 10am-12:30pm</p> <p>Pinochle 1-3:30pm</p> <p>SOAR Explorers Outing Second Hand News * More Info to Come! @Woodstock Opera House</p>	19

20	<p>*Balance, Strength & Stretch w/ Cindy 10-11am</p> <p>Fit & Strong #13 1-2:30pm <u>Must be registered...</u></p> <p>COOL BEADS 11am- 12:30pm</p> <p><i>Tai Chi Evening</i> 5-6pm</p>	21	22	23	24	25	26
27	28	29	30	31	As of 10-1		

SOAR@Dorr is located in the Dorr Township Building at 1039 Lake Ave, Woodstock
Hours: 9-4pm Monday-Friday, and for evening activities as noted on the calendar.

Regular weekly drop-in programs at SOAR@Dorr are free. Programs or events that require payment are designated by a (*).
All wellness/fitness classes are \$5 per class, *but* try your first one for free!
A \$25, 8 punch fitness pass is available. It does not expire, and is transferable to all fitness/wellness classes.

Questions?
Call: 815-338-0125
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Lynda Rohe, Director of Services

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