

October

2024

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

			23			
20	*Balance, Strength 21	22	Cribbage 9-10am	24	25	26
	& Stretch w/ Cindy 10-11am	*Chair Yoga 11am-12pm	Et / Chang #44 0:00 13	*Tai Chi 9:30-10:30am	NO KEEP FIT & STRONG	
	Th. 0. C		Fit & Strong #14 9:30-11am Must be registered.			
	Fit & Strong #13 1-2:30pm Must be registered	Brown Bag Lunch & Movie 1-3pm		BYOL Bingo (\$3)	Mah Jongg 10am-12:30pm	
	<u>Musi</u> de registerea	'	TOPS! 9:30-11am	12-2:30pm	Pinochle 1-3:30pm	
	COOL BEADS 11am- 12:30pm	DIY Creative Workshop	Poker 10am-12pm		1 mocnie 1-5.50pm	
	11am-12:30pm	w/Jen 2-3:30pm	O 7 Court 1000			
	Tai Chi Evening 5-6pm	Pumpkin Etching *Requires pre-registration	Open Sew! 1-3:30pm & Meeting			
		and pre-payment.	& Wiceling			
		Euchre 1-3pm	Canasta 1:30-3:30pm			
		Luciae	*Gentle Mindful Yoga 5-6pm			
27	*Balance, Strength 28	29	30	31		
	& Stretch w/ Cindy 10-11am		Cribbage 9-10am	*Tai Chi 9:30-10:30am		
	Trans The Clark Olivia	*Chair Yoga 11am-12pm				
	Free Flu Shot Clinic *Time to be determined.	Euchre 1-3pm	Fit & Strong #16 9:30-11am Must be registered.	Halloween Singo (\$3)		
				Pizza Lunch (\$5) and		
	SOAR Explorers Meeting		TOPS! 9:30-11am	Costume Contest		
	Fit & Strong #15 1-2:30pm		Poker 10am-12pm	12-2:30pm *Requires pre-registration		
	Must be registered.		LUNCH DATE @ Stanchion Pub	and pre-payment.		
			Time change <u>this month!</u>	II A I I OTATEEN		
	Tai Chi Evening 5-6pm		*11:30am-1:00pm *Must pre- register.	HALLOWEEN		
			Transportation not provided.			
			Canasta 1:30-3:30pm			
			*Gentle Mindful Yoga 5-6pm		As of 10-1	
			*Gentle Mindful Yoga 5-6pm		W2 01 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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