

Activity Schedule for **OCTOBER, 2021**  
**Joyce Raye Patterson 50+ Activity Center**

100 South 10<sup>th</sup>, St. Joseph, Mo 816-271-4666

**CAFETERIA: Tues.-Friday**  
**11:00AM-12:30PM**  
OPEN TO ALL AGES  
Carryout and Dine in

**Billiards, 8-Ball, Snooker,**  
**Shuffleboard: M-F, 8-5pm**  
.75cents per day per person

**Fitness Center**  
M-Thus. 8-7:30pm  
Fri. 8-5pm  
Sat. 8-11:30

**MONDAY**

2nd Monday Blood Pressure  
8:30-10am—Oct. 11 by *JMS Senior Living*

*Line Dance Lessons 3-4pm \$2*

**TUESDAY**

JRP Kitchen Band - 10:00am  
Senior Citizens Foundation Board  
3pm Oct. 19  
Blood Pressure by Help at Home  
10:15-11:15am

Mah Jong Queens—1:00pm (.50)

**WEDNESDAY**

Walk with Ease— Wednesday's  
9:30-11am Sept 22 thru Oct. 27

Beginning Line Dance Lessons 3:00pm (\$2)

**THURSDAY**

Matter of Balance Class  
2-4pm Thursdays thru Oct. 7—Free

Bingo 10-11am Oct. 28 — \$2 a card  
Living a Healthy Life/Chronic Disease Self-  
Management, Oct.14—Nov. 18 2-4pm FREE

**FRIDAY:**

Tai Chi (Seated) \$3. 10-11am

**Saturday:**

Fitness Center 8:00am-11:30am

Midnight Country Band 7:00pm  
Saturday, October 2

Dancing Clark's Mega Tunes—  
October 9, 7:30pm

St. Joseph Stamp Club - Oct.16, 1:00pm

**October Special Activities**

*New Class beginning in October*  
**“Seated Tai Chi”**  
*Fridays at 10-11 am, \$3*

**Presentation: “Winter Squash “**  
**Wednesday, Oct. 13, 10-11am**  
Larry Werthmuller, Master Gardener—**FREE**

**Foundation Board Meeting**  
Tues. October 19, 3:00pm

**Bingo**  
Thursday, Oct. 21, 10-11am  
In conference room— **\$2 per card**

**MONTHLY CRAFT**  
Friday, October 22, 9-11am  
“Convertible Seasonal Board”  
9am-11am \$10.00

**Cornhole**  
Friday Oct. 22 : 12-1pm **Free**

**\*\*Fitness Classes on back\*\***