

# Gull Point Resource Center

## SPOOKY OCTOBER SENIOR NEWSLETTER



### HAUNTING HAPPENINGS



**Coffee & Conversations**, Wednesday, October 2nd, 10:30 AM. Enjoy a nice brew and fun conversations with friends!

**Worms & Dirt**, Friday, October 25th, 11:30 AM. Join staff in making this creepy-crawly treat! Please sign-up with Molly :)

**The Otherside**, Wednesday, October 30th, 11:30 AM - 1:00 PM. Will you escape and get to the otherside? Sign-up with Molly or Jess for our first ever Escape Room :)

### FANG-TASTIC FITNESS

**CHAIR AEROBICS**, Mon,  
Wed, Fri, 9:30 -10:30AM

**CHAIR YOGA**, Mondays,  
10:30-11:00AM

**EXERCISE W/ JOHN**,  
Mondays, 12:00-1:00PM

**AGELESS GRACE**, Tues &  
Fri 12:00 -1:00PM

### CREEPY SHENANIGANS

**COLOR ME STRESS FREE**, Mondays, 10:30 AM. A relaxing coloring program to melt the stress away.

**IT'S HARD TO FROWN WHEN UKULELE MUSIC IS GOIN' DOWN**, Wednesdays, 10:30 AM. Bring your ukulele, learn to play, and share a song!

**TECH SAVVY SENIOR COMPUTER CLASS**,  
Thursdays, noon-1:00PM.

**SPANISH CLASS**, Fridays, 10:30 AM.

**CHAIR MASSAGE**, October 7th & 21st, 9:00 AM -  
Noon. FREE 10-minute chair massage. Sign-up at

Gull Point.