

Cahill Chronicle

Chair Fit and Fabulous Monday, 10:30am-11:30am 9/13-12/20

All levels welcome in this virtual exercise class. Exercise at your own pace and comfort level, using a chair or standing. Stay after class on Zoom to socialize!
Virtual Code: **71929** Free

Simple Cooking for Seniors Wednesday, 11:00am-12:30pm 9/8-12/22

Learn to love cooking! Make easy to follow recipes with minimal ingredients while discussing eating on a budget and balanced nutrition. This class will include a recipe book and cooking demonstration.

In-Person Code: **72065** Virtual Code: **71936** Free *Space is limited.*

Chair Fit and Extra Fabulous Thursday, 10:30am-11:30am 9/9-12/23

Exercise at your own pace using a chair or standing. Similar to Chair Fit and Fabulous with additional equipment and exercises. Equipment will be provided.
Virtual Code: **71928** Free

Birthday Bingo Thursday, 12:00pm-1:30pm 10/14

Join us as we celebrate the month's birthdays. Play bingo for grocery store household items. Cake and ice cream will be served.

In-Person Code: **72939** Fee: \$2 *Space is limited*

Crafts with Carol Thursday, 12:00pm-1:30pm 10/21

Get your creative juices flowing in this fun monthly craft class. Supplies and instructions will be provided and are available for pick up to make the craft at home and participate virtually. No artistic experience necessary!

In-Person Code: **71931** Virtual Code: **71937** Free *Space is limited.*

Senior Social Friday, 11:00am -12:00pm 9/10-12/17

Get some facetime with old friends and make new ones along the way! Learn creative ways to stay connected. This class will include an adult activity book.
Virtual Code: **71934** Free

Halloween Lunch Special Event Friday, 12:00 noon 10/29

Come to Cahill and participate in our special event lunch with friends for only \$5.00. Please register to be included in this spooky event!

In-Person Code: **71930** Fee: \$5 *Space is limited*

Terrific Tuesday \$3 Lunch 11:30am

Please sign up the Thursday before the lunch date. Space is limited.

10/5	Rosemary Chicken , Potatoes & Vegetable	Code: 72804
10/12	Meatball Sub-sandwich & Salad	Code: 72805
10/19	Chicken Enchilada Casserole, Beans, Chips & Salsa	Code: 72806

October Classes

Fall Session 2021



Mystical Halloween Lunch

October 29th
12:00pm - 1:30pm

Want to know what your future holds?
Join us for a psychic experience!
Wear your magical best and
enter the costume contest.

Menu: Chili con Carne, Cornbread, Salad
and Spooky Dessert will be served.

In-Person Code: 71930 Cost: \$5
Call 480-858-2420 to register



SIMPLE COOKING FOR SENIORS

Want to learn how to cook easy meals for 2 people?
Less wasted food and ready in 30 minutes! Join our
Simple Cooking for Seniors Class on Wednesdays at 11 am.
Class is free and includes a cookbook.

In-Person Code: 72065 Virtual Code: 71936



October

- 3. Norma Joiner
- 4. Sharon Navarre
- 8. Alvin Kitts
- 13. Jeanette Hall
- 21. Gladys Metzger
- 22. Cristine Afusipa
- 30. Sharra Mastroianni

November

- 10. Jeanette Nicholas
- 17. Carmen Rodriguez
- 18. Janet Harris
- 26. Christina Wilson
- 26. Carol Quinn

December

- 7. Eileen Collins
- 9. Patricia Burns
- 9. Loretta O'Malley
- 9. Mary Paschal
- 10. Gina Shier
- 12. Lupe Gonzales
- 21. Kathleen DeKneef
- 21. Karol Sligo
- 29. Otilia Garcia-Rosales

Cahill October 2021

Monday

Tuesday

Wednesday

Thursday

Friday

					<p>1 11:00 am Senior Social Virtual Code: 71934</p>
					<p>4 10:30 am Chair Fit & Fab Virtual Code: 71929</p>
<p>11 10:30 am Chair Fit & Fab Virtual Code: 71929</p>	<p>12 11:30 am \$3 Lunch Menu: Meatball sub & salad In-Person Code: 72805</p> <p>1 pm—BINGO</p>	<p>13 11:00 am Simple Cooking for Seniors Virtual Code: 71936 In-Person Code: 72065</p>	<p>14 10:30 am Chair Fit & Extra Fabulous Virtual Code: 71928</p> <p>12:00 pm Birthday Bingo In-Person Code: 72939 </p>	<p>15 11:00 am Senior Social Virtual Code: 71934</p>	
<p>18 10:30 am Chair Fit & Fab Virtual Code: 71929</p>	<p>19 11:30 am \$3 Lunch Menu: Enchilada casserole, beans, chips & salsa In-Person Code: 72806</p> <p>1 pm—BINGO</p>	<p>20 11:00 am Simple Cooking for Seniors Virtual Code: 71936 In-Person Code: 72065</p>	<p>21 10:30 am Chair Fit & Extra Fabulous Virtual Code: 71928</p> <p>12:00 pm Crafts with Carol Virtual Code: 71937 In-Person Code: 71931</p>	<p>22 11:00 am Senior Social Virtual Code: 71934</p>	
<p>25 10:30 am Chair Fit & Fab Virtual Code: 71929</p>	<p>26 No Lunch</p> <p>No Bingo</p>	<p>27 11:00 am Simple Cooking for Seniors Virtual Code: 71936 In-Person Code: 72065</p>	<p>28 10:30 am Chair Fit & Extra Fabulous Virtual Code: 71928</p>	<p>29 12:00 pm Halloween Lunch Menu: Chili, cornbread, salad & dessert Fee: \$5.00 Code: 71930</p>	