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



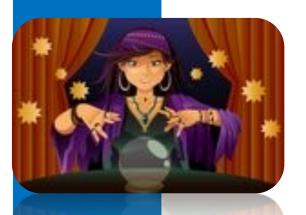
Terrific Tuesday \$3 Lunch 11:30am

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
1	10/19	Chicken Enchilada Casserole, Beans, Chips & Salsa	Code: 72806

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 Mastrojanni

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
Hallo	by Cen	BOC		I I I:00 am Senior Social Virtual Code: 71934
4 10:30 am Chair Fit & Fab Virtual Code: 71929	5 11:30 am \$3 Lunch Menu: Rosemary chicken, potatoes & vegetable In-Person Code: 72804	6 II:00 am Simple Cooking for Seniors Virtual Code: 71936 In-Person Code: 72065	7 10:30 am Chair Fit & Extra Fabulous Virtual Code: 71928	8 11:00 am Senior Social Virtual Code: 71934
II 10:30 am Chair Fit & Fab Virtual Code: 71929	I 2 I 1:30 am \$3 Lunch Menu: Meatball sub & salad In-Person Code: 72805 I pm—BINGO	13 11:00 am Simple Cooking for Seniors Virtual Code: 71936 In-Person Code: 72065	14 10:30 am Chair Fit & Extra Fabulous Virtual Code: 71928 12:00 pm Birthday Bingo In-Person Code: 72939	15 11:00 am Senior Social Virtual Code: 71934
18 10:30 am Chair Fit & Fab Virtual Code: 71929	I 9 I 1:30 am \$3 Lunch Menu: Enchilada casserole, beans, chips & salsa In-Person Code: 72806 I pm—BINGO	20 11:00 am Simple Cooking for Seniors Virtual Code: 71936 In-Person Code: 72065	21 10:30 am Chair Fit & Extra Fabulous Virtual Code: 71928 12:00 pm Crafts with Carol Virtual Code: 71937 In-Person Code: 71931	11:00 am Senior Social Virtual Code: 71934
25 10:30 am Chair Fit & Fab Virtual Code: 71929	26 No Lunch No Bingo	27 11:00 am Simple Cooking for Seniors Virtual Code: 71936 In-Person Code: 72065	28 10:30 am Chair Fit & Extra Fabulous Virtual Code: 71928	29 12:00 pm Halloween Lunch Menu: Chili, cornbread, salad & dessert Fee: \$5.00 Code: 71930