

MECHANICSBURG Activity Calendar: October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10 AM: Members Choice</p> <p>12 PM: Five Crowns</p>	<p>3</p> <p>10 AM: Halloween Themed Movie</p> <p>12 PM: Chair Yoga</p>	<p>4</p> <p>10 AM: Workshop: Ten Ways to De-Escalate an Argument</p> <p>12 PM: Getting to Know You: Halloween Edition</p>	<p>5</p> <p>10 AM: Getting to Know the States: North Dakota</p> <p>12 PM: Ted Talk</p>	<p>6</p> <p>10 AM: Wii Games</p> <p>12 PM: Ace Attorney</p>
<p>9</p> <p>10 AM: Walk Through Mechanicsburg</p> <p>12 PM: Skip Bo</p>	<p>10</p> <p>10 AM:Ollie's</p> <p>12 PM: Chair Yoga</p>	<p>11</p> <p>10 AM: Workshop: Building Better Mental Health</p> <p>12 PM: Halloween Scattergories</p>	<p>12</p> <p>10 AM: Workshop: 22 Ways to Calm Yourself Down</p> <p>12 PM: Apples to Apples</p>	<p>13</p> <p>10 AM: Halloween Themed Movie</p> <p>12 PM: Wheel of Fortune</p>
<p>16</p> <p>10 AM: Dollar Tree</p> <p>12 PM: Five Crowns</p>	<p>17</p> <p>10 AM: Workshop: 5 Self Care Practices</p> <p>12 PM: Chair Yoga</p>	<p>18</p> <p>10 AM: Halloween Themed Movie</p> <p>12 PM: Getting to Know You Halloween Edition</p>	<p>19</p> <p>10 AM: 20 Spooky Halloween Stories</p> <p>12 PM: Scrabble</p>	<p>20</p> <p>10 AM: Workshop: 10 Steps to Set Goals and Achieve Them</p> <p>12 PM: Halloween Trivia</p>
<p>23</p> <p>10 AM: Halloween Themed Movie</p> <p>12 PM: Jackbox Games</p>	<p>24</p> <p>10 AM: Thrift Store</p> <p>12 PM: Chair Yoga</p>	<p>25</p> <p>10 AM: Workshop: 40 Self Care Ideas</p> <p>12 PM: Members Meeting</p>	<p>26</p> <p>10 AM: Getting to Know the States: Ohio</p> <p>12 PM: Halloween Hangman</p>	<p>27</p> <p>10 AM: Workshop: How to Make a Self Care Checklist</p> <p>12 PM: Ace Attorney</p>
<p>30</p> <p>10 AM Halloween Bingo</p> <p>12 PM: Halloween Themed Movie</p>	<p>31</p> <p>10 AM: 32 Most Haunted Places in the US</p> <p>12 PM: Halloween Facts</p>			
<p>PSYCH REHAB (EVERY WEDNESDAY & FRIDAY)</p>	<p><u>Aurora Center Hours</u> Monday - Friday 8:00AM- 3:00PM</p>	<p><u>For Center Closing Information</u> Call 232-6675 after 6:00AM</p>	<p><u>LUNCH TIME</u> Monday - Friday 11:30AM - 12:00PM Call the Center or Sign - up by 10AM to reserve a lunch</p>	<p><u>Morning Meeting</u> Daily at 9:30AM Mandatory meeting if you are in attendance.</p>