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# OCTOBER • 2023 Palm Hill Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																										
4pm-5pm: Sunday Worship (N) 1	8am-10am: Coffee (N) 2 6pm: Palm Hill Summer Walking Club	7pm-10pm: Bingo (N) 3	8am-10am: Coffee (S) 4 9am-12pm: Free Ear Wax Removal (S) 1pm: Mahjong (N) 3pm-4:30pm: Ukulele Club (S)	3:45pm: North Food Distribution (N) 5 7pm-10pm: Bingo (S)	9:30am: Ladies Golf Association League Play (N) 6 1pm: Hand and Foot (N)	7																																										
8	8am-10am: Coffee (N) 9 8:30am-4:30pm: Holiday Office Schedule 2023 6pm: Palm Hill Summer Walking Club  <b>Columbus Day</b>	11am: Communications Committee Meeting (S) 10 1pm: Planning & Environmental Meeting (S) 7pm-10pm: Bingo (N)	8am-10am: Coffee (S) 11 1pm: Mahjong (N)	7pm-10pm: Bingo (S) 12	9:30am: Ladies Golf Association League Play (N) 13 1pm: Hand and Foot (N) 5:30pm: Potluck Dinner / Game Night (S)	14																																										
15	8am-10am: Coffee (N) 16 6pm: Palm Hill Summer Walking Club	7pm-10pm: Bingo (N) 17	8am-10am: Coffee (S) 18 1pm: Mahjong (N) 3pm-4:30pm: Ukulele Club (S) 4pm: Gathering of Men 6pm-“BY THE PEOPLE-FOR THE PEOPLE”	7pm-10pm: Bingo (S) 19	9:30am: Ladies Golf Association League Play (N) 20 1pm: Hand and Foot (N) 6:30pm-9pm: Obi-Time Karaoke & Dance Party with DJ Chuck Obi (N)	21																																										
MOVIE NITE 22 6:30 (N) Last One	8am-10am: Coffee (N) 23 6pm: Palm Hill Summer Walking Club 6:30pm: Bunco-Last One	10am: Cooking Class 24 7pm-10pm: Bingo (N)	8am-10am: Coffee (S) 25 1pm-3pm: Board Meeting (N) 1pm: Mahjong (N)	7pm-10pm: Bingo (S) 26	9:30am: Ladies Golf Association League Play (N) 27 1pm: Hand and Foot (N)	28																																										
29	8am-10am: Coffee (N) 30 6pm: Palm Hill Summer Walking Club	7pm-10pm: Bingo (N) 31 7pm-10pm: Halloween Dance (S)  <b>Halloween</b>				<p>NOVEMBER</p> <table border="1"> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td> </tr> <tr> <td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td> </tr> <tr> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> </tr> <tr> <td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> </tr> <tr> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td> </tr> <tr> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td> </tr> </table>	S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
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