

October 2025

The Club

Memory Enhancement Program
Monday – Friday 9:00AM —1:00PM

Sun	Mon (Open 7:30-5)	Tue (Open 7:30-5)	Wed (Open 7:30-5)	Thu (Open 7:30-5)	Fri (Open 7:30-5)	Sat
			1 Afternoon Activities <ul style="list-style-type: none"> Brain & Body Fitness Patio chat Drum circle with Kevin Sing-a-long 	2 Afternoon Activities <ul style="list-style-type: none"> Brain & Body Fitness Chair fitness with Donna Violinist Ian Wilkinson Sing-a-long 	3 Afternoon Activities <ul style="list-style-type: none"> Brain & Body Fitness Disco Friday Music with Michelle Sing-a-long 	4
5	6 Afternoon Activities <ul style="list-style-type: none"> Brain & Body Fitness Patio Trivia John the one man band Sing-a-long 	7 Afternoon Activities <ul style="list-style-type: none"> Brain & Body Fitness Zumba with Terry Chair fitness with Donna My brothers band Sing-a-long 	8 Afternoon Activities <ul style="list-style-type: none"> Brain & Body Fitness Patio Trivia Misty Pals Music with Sue blue Sing-a-long 	9 Afternoon Activities <ul style="list-style-type: none"> Brain & Body Fitness Patio Trivia Chair fitness with Donna Classic music with Cesar Sing-a-long 	10 Afternoon Activities <ul style="list-style-type: none"> Brain & Body Fitness Patio chat Disco Friday Merengue with Juan Sing-a-long 	11
12	13 Afternoon Activities <ul style="list-style-type: none"> Brain & Body Fitness Patio Chat Jimmy and his steel drum Wear Pink! Breast Cancer Awareness Sing-a-long 	14 Afternoon Activities <ul style="list-style-type: none"> Brain & Body Fitness Patio chat Chair fitness with Donna Music with Michelle Sing-a-long 	15 Afternoon Activities <ul style="list-style-type: none"> Brain & Body Fitness Patio Trivia Lets talk trivia Lets rock out with Vito Sing-a-long 	16 Afternoon Activities <ul style="list-style-type: none"> Brain & Body Fitness Patio Trivia Chair fitness with Donna Jazz music with Carla Sing-a-long 	17 Afternoon Activities <ul style="list-style-type: none"> Brain & Body Fitness Disco Friday Salsa music with Silarel Support your team and wear their Jersey Sing-a-long 	18
19	20 Afternoon Activities <ul style="list-style-type: none"> Brain & Body Fitness Patio Trivia Music with Sue Blue Sing-a-long 	21 Afternoon Activities <ul style="list-style-type: none"> Brain & Body Fitness Zumba with Terry Chair fitness with Donna Drum circle with Kevin Sing-a-long 	22 Afternoon Activities <ul style="list-style-type: none"> Brain & Body Fitness Patio Trivia Misty pals Merengue with Juan Sing-a-long 	23 Afternoon Activities <ul style="list-style-type: none"> Brain & Body Fitness Patio Trivia Chair fitness with Donna Sing-a-long 	24 Afternoon Activities <ul style="list-style-type: none"> Brain & Body Fitness Patio Trivia Disco Friday Music with Captain Kirk Sing-a-long 	25
26	27 Afternoon Activities <ul style="list-style-type: none"> Brain & Body Fitness Classic music with Cesar Dress up day School boy / school girl Sing-a-long 	28 Afternoon Activities <ul style="list-style-type: none"> Chair fitness with Donna My brothers band Witches come out on Tuesdays Sing-a-long 	29 Afternoon Activities <ul style="list-style-type: none"> Brain & Body Fitness Patio chat Jimmy and his steel drum 50/60's dress up day Sing-a-long 	30 Afternoon Activities <ul style="list-style-type: none"> Brain & Body Fitness Chair fitness with Donna Piano for the people Cow boy / girl day Sing-a-long 	31 Afternoon Activities <ul style="list-style-type: none"> Brain & Body Fitness Disco Friday Lets rock out with Vito Your choice costume Sing-a-long 	

Morning Programs

9:00am-12:00 pm

Brain Fitness

Exercise Classes

Lunch: 12:00 -12:30 pm

Afternoon Programs

Live Entertainment -

1:00-2:00 pm

BINGO WITH PRIZES

2:00 PM – 3:30 PM

Reminiscent Club

3:30 pm—5:00PM

Breast Cancer Awareness

Football Season

Happy Halloween

Happy Birthday to all

October born

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Contact

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www.kanecenter.org