

DAILY BC METS ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:30a Narcan Safety Presentation	3 10:30a Card Games 10:30a Learn Mahjong w/Jill	4 8:30a Pickleball 10:30a Bingo	5 10:30a Team Games	6 10:30a Gardening Group
9 10:30a Topic Tours: Happiness	10 10:30a Light Jazz Dancing 11:30a Lunch & Movie	11 VETERANS DAY	12 10:30a Reflections Art Contest Judging 1:00p Sewing & Storytelling	13 10:30a Card Games 12:00p Cooking with Sylvie
16 10:30a Pelvic Floor Health w/Laura	17 10:30a Learn Mahjong 11:30a Lunch Bunch at Mandolas	18 11:30a METS Annual Luncheon	19 10:30a Tile Games 1:00p Book Club	20 10:30a RR Serving Center Presentation
23 10:30a Card Games	24 10:30a Tile Games	25 10:30a Bingo	26 THANKSGIVING	27 NO PROGRAMMING
30 10:30a Card & Tile Games				

 REQUIRES RESERVATION

WEEKLY BC METS FITNESS CLASSES

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
9:30a Chair Pilates 1:00p Fit-4-Life	9:30a Chair Yoga 1:00p Fit-4-Life	9:30a Chair Pilates 1:00p Fit-4-Life	9:30a Chair Yoga 1:00p Fit-4-Life	9:30a Chair Groove 1:00p Fit-4-Life

 MEETING ROOMS  STUDIO



REQUIRES BC METS PROGRAM PASS OR DAY PASS
VISIT BCMUD.ORG/BCMETS FOR DETAILS
QUESTIONS OR TO RSVP: EMAIL MAURA MORROW AT
M.MORROW@BCMUD.ORG