

Joe Rhoads Senior Center
 123 S. Mulberry St.
 Corydon, IN 47112
 Rick Haines, Site Mgr.

OCTOBER | 2023



Joe Rhodes Senior Center-Corydon Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Tai Chi for Arthritis 10:15 AM	3	4 Produce for Better Health & Immunizations talk w/ Tammy Cadle	5	6 Tai Chi for Arthritis 10:15 AM
9 Tai Chi for Arthritis 10:15 AM	10	11	12 Health Screening, Blood Pressure	13 Tai Chi for Arthritis 10:15 AM
16 Tai Chi for Arthritis 10:15 AM	17 Nutrition Ed 10AM	18 Produce for Better Health & Dietician @ 1130AM	19 October Birthdays	Tai Chi for Arthritis 10:15 AM
23 Tai Chi for Arthritis 10:15 AM	24	25 Produce for Better Health Check In	26 Nutrition Ed 10AM	27 Tai Chi for Arthritis 10:15 AM
30 Tai Chi for Arthritis 10:15 AM	31	1	2	3



Congregate Meal Site
Flu Shot Awareness

Notes:

**Lunch Served
 M-F @ 11:30 AM
 Reservations
 Required w/
 Week Notice**