

Joe Rhoads Senior
Center
123 S. Mulberry St.
Corydon, IN 47112
Rick Haines, Site
Mgr. 812-738-7603

OCTOBER | 2024



Joe Rhoads Senior Center-Corydon Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1 Tai Chi @ the YMCA 10:00-10:45 AM	2 Produce for Better Health	3 Tai Chi @ the YMCA 10:00-10:45 AM	4 Tai Chi for Health 10:15 AM
7 Tai Chi for Health 10:15 AM	8 Tai Chi @ the YMCA 10:00-10:45 AM & Immunizations w/ Anna Jones 11:00 AM	9 Banana Split Day 10:30 AM	10 Tai Chi @ the YMCA 10:00-10:45 AM & Life springs 11:30 AM	11 Tai Chi for Health 10:15 AM
14 Tai Chi for Health 10:15 AM & Peas and Carrots Nutrition Ed 11:00 AM	15 Tai Chi @ the YMCA 10:00-10:45 AM	16 Produce for Better Health B/P Screening w/ Anna Jones 11:00 AM	17 Tai Chi @ the YMCA 10:00-10:45 AM & Nutrition Education 11:00 AM	18 Tai Chi for Health 10:15 AM
21 Tai Chi for Health 10:15 AM	22 Tai Chi @ the YMCA 10:00-10:45 AM	23 PBH Check In 10 – 11 AM	24 Tai Chi @ the YMCA 10:00-10:45 AM	25 Tai Chi for Health 10:15 AM
28 Tai Chi for Health 10:15 AM	29 Tai Chi @ the YMCA 10:00-10:45 AM	30 Produce for Better Health	31 Tai Chi @ the YMCA 10:00-10:45 AM	1



Congregate Meal Site

Cyber Security Awareness Month

Notes:

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