




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>October 2019</b>	 <b>Dare County Center</b> <b>950 Marshall C. Collins Dr</b> <b>Manteo, NC 27954</b> <b>(252) 475-9270</b>	<b>1</b> 7:30- 8:30 Intermediate Tai Chi-MR 8:30- 9:30 Tai Chi for Health-MR 8:30- 3:00 Tea Cup Quilters-AC 9:40-10:40 Line Dancing w/ Loretta-MR 10:45-11:20 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 BOSU Class-MR 1:00- 3:00 Crochet /Knit Club-DR 2:30- 4:30 Legal Aid Expunction- CR 5:15- 5:50 Tabata-MR	<b>2</b> 7:00- 7:35 Tabata-MR 9:30- 1:00 Mah Jong Mavens-LM 10:00-11:00 Youthful Hearts 55+ -MR 11:00-12:00 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 1:00- 3:00 Crochet /Knit Club-DR 4:30- 5:30 Tai Chi for Health-MR 5:35- 6:35 Boot Camp w/ Ginny-MR 6:00- 7:00 Taekwondo-DR	<b>3</b> 7:30- 8:30 Intermediate Tai Chi-MR 8:30- 9:30 Tai Chi for Health-MR 10:20-11:20 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 11:30- 1:30 Prevent T2-CR 11:30-12:00 Chair Aerobics-MR 4:00- 6:00 DCC 10 Year Celebration! 	<b>4</b> 8:30- 9:45 DCC Yoga-MR 10:00-11:00 Youthful Hearts 55+-MR 11:00- 1:00 Congregate Meal-K,DR 1:00- 3:00 Crochet /Knit Club-DR	<b>5</b> 7:30-4:00 Roanoke Island Women's Club MR, DR
<b>6</b>	<b>7</b> 7:00- 7:35 Tabata-MR 9:00-12:00 8 Ball League-AR 10:00-11:00 Youthful Hearts 55+ -MR 11:00-12:00 Step with Ricki-MR 11:00- 1:00 Congregate Meal-K,DR 12:00- 1:00 Wellness that Works-LM 1:00- 2:00 Beach Club-MR 1:00- 3:00 Crochet /Knit Club-DR 6:00- 7:00 Taekwondo-DR	<b>8</b> 7:30- 8:30 Intermediate Tai Chi-MR 8:30- 9:30 Tai Chi for Health-MR 8:30- 3:00 Tea Cup Quilters-AC 9:00-10:00 DCC Advisory Board-CR 9:40-10:40 Zumba Gold-MR 10:30-11:30 Dare to Scare Meeting-CR 10:45-11:20 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 BOSU Class-MR 1:00- 2:00 Medicare 101-CR 1:00- 3:00 Crochet /Knit Club-DR 2:30- 4:30 Legal Aid Custody- CR 5:15- 5:50 Tabata-MR 6:00- 7:00 Viking Cruise Mtg-AC	<b>9</b> 9:30- 1:00 Mah Jong Mavens-LM 10:00-11:00 Line Dancing w/ Loretta -MR 11:00-12:00 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 1:00- 3:00 Crochet /Knit Club-DR 4:30- 5:30 Tai Chi for Health-MR 5:35- 6:35 Boot Camp w/ Ginny-MR 6:00- 7:00 Taekwondo-DR	<b>10</b> 7:30- 8:30 Intermediate Tai Chi-MR 8:30- 9:30 Tai Chi for Health-MR 9:00- until All Ages Pool Tourn.-AR 10:20-11:20 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 BOSU Class-MR 1:00- 3:00 Crochet /Knit Club-DR 2:30- 4:30 Legal Aid Employee Rights-CR 5:00- 6:00 Recovery Learning Circle-AC 5:15- 5:50 Tabata-MR 6:00- 6:45 Zumba-MR 6:00- 7:00 TOPS Meeting-CR	<b>11</b> 8:00- 3:00 Vaccine Clinic-AC 10:00- 3:00 Blood Drive-MR 11:00- 1:00 Congregate Meal-K,DR 1:00- 3:00 Crochet /Knit Club-DR 6:00-10:00 Manx Club-MR,DR	<b>12</b> 6:30-11:30 MHS Dance-MR,DR,K
<b>13</b>	<b>14</b> 7:00- 7:35 Tabata-MR 9:00-12:00 8 Ball League-AR 10:00-11:00 Youthful Hearts 55+ -MR 11:00- 1:00 Congregate Meal-K,DR 12:00- 1:00 Wellness that Works-LM 1:00- 3:00 Crochet /Knit Club-DR 4:00- 5:00 Boot Camp w/ Ginny-MR 5:15- 6:15 Yoga with Mary-MR 6:00- 7:00 Taekwondo-DR	<b>15</b> 7:30- 8:30 Intermediate Tai Chi-MR 8:30- 9:30 Tai Chi for Health-MR 8:30- 3:00 Tea Cup Quilters-AC 9:40-10:40 Zumba Gold-MR 10:45-11:20 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 BOSU Class-MR 1:00- 3:00 Crochet /Knit Club-DR 5:15- 5:50 Tabata-MR	<b>16</b> 7:00- 7:35 Tabata-MR 9:30- 1:00 Mah Jong Mavens-LM 10:00-11:00 Youthful Hearts 55+ -MR 11:00-12:00 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 1:00- 3:00 Crochet /Knit Club-DR 1:00- 3:00 Stroke Education-MR 4:30- 5:30 Tai Chi for Health-MR 5:35- 6:35 Boot Camp w/ Ginny-MR 6:00- 7:00 Taekwondo-DR	<b>17</b> 7:30- 8:30 Intermediate Tai Chi-MR 8:30- 9:30 Tai Chi for Health-MR 10:20-11:20 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 BOSU Class-MR 1:00- 3:00 Crochet /Knit Club-DR 1:30- 2:45 DCC Yoga-MR 2:30- 4:30 Legal Aid Divorce-CR 5:00- 6:00 Recovery Learning Circle-AC 5:15- 5:50 Tabata-MR 5:30- 7:00 DCPR Trails Mtg-LM 6:00- 6:45 Zumba-MR 6:00- 7:00 TOPS Meeting-CR	<b>18</b> 8:30- 9:45 DCC Yoga-MR 10:00-11:00 Youthful Hearts 55+-MR 11:00-12:00 Step with Ricki-MR 11:00- 1:00 Congregate Meal-K,DR 1:00- 3:00 Crochet /Knit Club-DR	<b>19</b>
<b>20</b>	<b>21</b> 7:00- 7:35 Tabata-MR 9:00-12:00 8 Ball League-AR 10:00-11:00 Youthful Hearts 55+ -MR 11:00-12:00 Step with Ricki-MR 11:00- 1:00 Congregate Meal-K,DR 12:00- 1:00 Wellness that Works-LM 12:30- 3:00 GEM Harmony Café-MR,AC 1:00- 2:00 Beach Club-MR 1:00- 3:00 Crochet /Knit Club-DR 4:00- 5:00 Boot Camp w/ Ginny-MR 5:15- 6:15 Yoga with Mary-MR 6:00- 7:00 Taekwondo-DR	<b>22</b> 7:30- 8:30 Intermediate Tai Chi-MR 8:30- 9:30 Tai Chi for Health-MR 8:30- 3:00 Tea Cup Quilters-AC 9:40-10:40 Zumba Gold-MR 10:30-11:30 Dare to Scare Meeting-CR 10:45-11:20 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 BOSU Class-MR 12:30- 2:00 Beach Bingo-DR 1:00- 3:00 Crochet /Knit Club-DR 2:30- 4:30 Legal Aid HCPOA-CR 5:15- 5:50 Tabata-MR	<b>23</b> 7:00- 7:35 Tabata-MR 9:30- 1:00 Mah Jong Mavens-CR 10:00-11:00 Youthful Hearts 55+ -MR 11:00-12:00 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 12:15- 1:15 Step with Ricki-MR 1:00- 3:00 Crochet /Knit Club-DR 4:30- 5:30 Tai Chi for Health-MR 5:35- 6:35 Boot Camp w/ Ginny-MR 6:00- 7:00 Taekwondo-DR	<b>24</b> 7:30- 8:30 Intermediate Tai Chi-MR 8:30- 9:30 Tai Chi for Health-MR 10:20-11:20 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 BOSU Class-MR 1:00- 3:00 Crochet /Knit Club-DR 1:30- 2:45 DCC Yoga-MR 2:30- 4:30 Legal Aid Tenant Rights-CR 5:00- 6:00 Recovery Learning Circle-AC 5:00- 6:00 R.I. Supper Club-DR,K 5:15- 5:50 Tabata-MR 5:30- 7:00 Book Club-LM 6:00- 7:00 D2S Volunteer Mtg.-AC 6:00- 6:45 Zumba-MR 6:00- 7:00 TOPS Meeting-CR	<b>25</b> 8:30- 9:45 DCC Yoga-MR 10:00-11:00 Youthful Hearts 55+-MR 11:00- 1:00 Congregate Meal-K,DR 1:00- 3:00 Crochet /Knit Club-DR 4:00- 6:00 D2S Packet Pick Up	<b>26</b> 9:00 Dare to Scare 5K 10:00 Dare to Scare Fun Run 
<b>27</b>	<b>28</b> 7:00- 7:35 Tabata-MR 9:00-12:00 8 Ball League-AR 10:00-11:00 Youthful Hearts 55+ -MR 11:00- 1:00 Congregate Meal-K,DR 12:00- 1:00 Wellness that Works-LM 1:00- 2:00 Beach Club-MR 1:00- 3:00 Crochet /Knit Club-DR 4:00- 5:00 Boot Camp w/ Ginny-MR 5:15- 6:15 Yoga with Mary-MR 6:00- 7:00 Taekwondo-DR	<b>29</b> 7:30- 8:30 Intermediate Tai Chi-MR 8:30- 9:30 Tai Chi for Health-MR 8:30- 3:00 Tea Cup Quilters-AC 9:40-10:40 Zumba Gold-MR 10:45-11:20 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 BOSU Class-MR 12:30- 2:00 Beach Bingo-DR 1:00- 3:00 Crochet /Knit Club-DR 5:15- 5:50 Tabata-MR	<b>30</b> 7:00- 7:35 Tabata-MR 9:30- 1:00 Mah Jong Mavens-CR 10:00-11:00 Youthful Hearts 55+ -MR 11:00-12:00 Tabata Silver-MR 10:00- 2:00 Pop In 10:00-12:00 "Men in Black"-LM 11:00- 1:00 Congregate Meal-K,DR 12:15- 1:15 Step with Ricki-MR 1:00- 3:00 Crochet /Knit Club-DR 4:30- 5:30 Tai Chi for Health-MR 5:35- 6:35 Boot Camp w/ Ginny-MR 6:00- 7:00 Taekwondo-DR	<b>31</b> 7:30- 8:30 Intermediate Tai Chi-MR 8:30- 9:30 Tai Chi for Health-MR 10:20-11:20 Tabata Silver-MR 11:00- 1:00 Congregate Meal-K,DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 BOSU Class-MR 1:00- 3:00 Crochet /Knit Club-DR 1:30- 2:45 DCC Yoga-MR 5:00- 6:00 Recovery Learning Circle-AC 5:15- 5:50 Tabata-MR 6:00- 6:45 Zumba-MR 6:00- 7:00 TOPS Meeting-CR	<b>**Youth: 3-17</b> <b>**Adults: 18-54</b> <b>**Older Adults: 55+</b> Activity Room-AR Multi-Purpose Room-MR Kitchen-K Dining Room-DR Arts & Crafts Room-AC Fitness Room-FR Classrooms-CR1 Conference Room-CR2	