

DAILY BC METS ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:30a Tile Games	2 10:30a Gardening Group
5 10:30a Medicare 101 with Lee Green	6 10:30a Card Games 10:30a Learn Mahjong w/Jill	7 10:30a Bingo	8 10:30a Learn Latin Moves 1:00p Craft: Plate	9 10:30a Smartphone Photography Basics
12 10:30a Tile Games	13 10:30a Card Games	14 8:30a Pickleball 10:30a Bingo	15 10:30a Team Games 1:00p Book Club	16 10:30a Topic Tours: Living Less Anxious
19 10:30a Armchair Traveler: Stonehenge	20 10:30a Learn Mahjong 11:30a Lunch Bunch at Pok-e-Jo's	21 10:30a Bingo	22 10:30a Get up off the Floor w/Laura	23 10:30a Card & Tile Games
26 11:30a Lunch & a Movie	27 10:30a Card Games 1:00p Watercolor Pumpkins	28 10:30a Bingo	29 10:30a Tile Games 1:00p Sewing & Storytelling	30 11:30a Halloween Potluck

 REQUIRES RESERVATION

WEEKLY BC METS FITNESS CLASSES

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

 MEETING ROOMS  STUDIO  SENDERO SPRINGS POOL



REQUIRES BC METS PROGRAM PASS OR DAY PASS
VISIT [BCMUD.ORG/BCMETS](https://bcmud.org/bcmets) FOR DETAILS
QUESTIONS OR TO RSVP: EMAIL MAURA MORROW AT
M.MORROW@BCMUD.ORG