

# S.E.L.F. Calendar (Seniors Empowered to Live Life to the Fullest)

# October 2017



**THINK PINK**  
October is  
Breast Cancer  
Awareness Month!

**SUPPORT  
THE  
FIGHT!**

**The Springs at  
Independence 55+**

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Independence, Mo 64055

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816-886-2166  
Email: managerindependence  
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**Happy Halloween!**



Sun	Mon	Tue	Wed	Thu	Fri	Sat		
<b>1. RENT IS DUE.</b> Community Room RSVP 3-8pm 	<b>2. BR Fitness 11a</b>  <b>Movie Monday 2pm</b> 	<b>3. Men's Coffee 9</b>  <b>Arts &amp; Crafts 2p</b>  <b>Pool Leagues 7p</b> 	<b>4. Lunch Bunch Olive Garden 11:15a</b> RSVP <b>Book Club 4pm</b> 	<b>5. Bowling Leagues 2pm</b>  <b>Cards 7p</b> 	<b>6. \$1 Donuts 9a</b>  Adult Coloring 2pm  <b>Cards 7pm</b> 	<b>7. Community Room RSVP 12-6p</b> 		
<b>8. Sport's Club</b>  <i>Sports Clubs</i>	<b>9. Fitness Class 11am</b> <b>Lunch w Liz 12p</b> RSVP  <b>Movie Monday 2p</b> 	<b>10. Men's Coffee 9a</b>  <b>Bible Study 11a</b>  <b>Pool Leagues 7p</b> 	<b>11. Lunch Bunch Red Lobster 11:15a</b> RSVP <b>BINGO 2pm</b>  <b>Dominoes 7p</b> 	<b>12. Casserole POTLUCK 12p</b> RSVP  <b>Bowling 2pm</b>  <b>Cards 7p</b> 	<b>13. \$1 Donuts 9a</b>  Adult Coloring 2p  <b>Dominoes 7p</b> 	<b>14. Comm Room RSVP 1-5p</b>  <b>Bingo 7p</b>		
<b>15. Sports Club</b>  <i>Sports Clubs</i>	<b>16. Breakfast Pot-luck 9a</b> RSVP BR Fitness Class 11am  <b>Movie Monday 2pm</b> 	<b>17. Men's Group 9a</b>  <b>Pool Leagues 7p</b> 	<b>18. Lunch Bunch at Ruby Tuesday 11:15a</b> RSVP  <b>BUNKO 2pm</b> RSVP 	<b>19. Snack, Computer &amp; Phone Training 11a</b>  <b>Bowl Leagues 2pm</b>  <b>Cards 7pm</b> 	<b>20. \$1 Donuts 9a</b>  Adult Color 2p  <b>Cards 7p</b> 	<b>21. Music Concert Oldies/ Country 7pm</b> 		
<b>22. Community Room RSVP 1:30-8p</b> 	<b>23. Corner Café 9a</b> RSVP BR Fitness 11a  <b>Movie Mon- 2p</b> 	<b>24. Men's Coffee 9am</b>  Bible Study 11a  <b>SUPPER CLUB 6pm</b> RSVP \$5pp	<b>25. Birthday Party 2pm</b> RSVP  <b>BINGO 2p</b>  <b>Dominoes 7p</b>	<b>26. Bowling League 2p</b>  <b>Dominoes 7p</b> 	<b>27. \$1 Donuts 9a</b>  Adult Coloring 2p  <b>Cards 7p</b> 	<b>28. Social Hour 4p</b>  <b>Bingo 7p</b> 		
<b>29. Comm Room RSVP 12:30-3:30</b> <b>KIDS TRICK OR TREAT STREET 6-8:30p</b> 	<b>30. Fitness Class 11a</b>  <b>Movie Monday 2p</b>  <b>Dominoes 7p</b> 	<b>31. Men's Group 9a</b>  <b>Happy Halloween Lunch Party/ Costume Contest</b> RSVP 12:30p 	<b>HAPPY BIRTHDAY!</b>  Ruby G. 10/1 Vern H. 10/3 Elaine D. 10/4			<b>Happy Birthday!</b>  Don I. 10/11 Anna C. 10/11 Alex K. 10/14	Howard C. 10/20 Robert C. 10/20 Shirley S. 10/21	Bill G. 10/25 <b>Don't forget the Fire Drill :)</b>