














October Adult Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Mahjong 5-7pm Tedeschi Wine Seminar 6-9pm	2 Wine Down Wednesday 6-8:30pm	3 Mahjong 10am-12pm	4 Coffee & Conversations 8am-10am 	5
6	7	8 Mahjong 5-7pm 	9 Fit After 50: Weight Loss 5-5:45pm  Wine Down Wednesday 6-8:30pm	10 Mahjong 10am-12pm	11 Coffee & Conversations 8am-10am 	12
13	14 Stretch & Flexibility 9:30-10:15am  One Goal Challenge Begins	15 Chess Open Play 10am-12pm Mahjong 5-7pm	16 Wine Down Wednesday 6-8:30pm 	17 Book Club: The Ministry of Time by Kaliane Bradley 6-7pm 	18 Coffee & Conversations 8am-10am Paddleball Mixer 6-8pm Movie on the Lawn: Beetlejuice	19 Foam Roll and Stretch Clinic 10-10:45am  Oktober Fest at Harvest 7-9pm
20 "Shake it Off" Dance Event Halloween Version 11:30-12:30pm 	21	22 Mahjong 5-7pm	23 Wine Down Wednesday 6-8:30pm	24 Adult Pumpkin Carving Contest 6-8pm Intro to Euchre 6-8pm	25 Coffee & Conversations 8am-10am Pickleball Pumpkin Smash Member/Guest Mixer 6-8pm 	26 Texas Hold'Em Poker Night 7pm  "Thriller" Dance Event 10:45-11:30am
27	28	29 Chess Open Play 10am-12pm Mahjong 5-7pm Half Court Hoops 8-10pm	30 Spooky Sculpt 9:30-10:30am "Wicked" Wine Down Cycling 6-6:45pm Wine Down Wednesday 6-8:30pm	31	Register in the MyLSF app <small>Reach out to LPAAdultPrograms@LakeshoreSF.com for more information</small>	