



October 2026



Monday

Tuesday

Wednesday

Thursday

Friday



PCOA Meal Program 60+
Monday-Friday
12-1 pm
\$2 suggested daily donation
Registration required
Sign up due the
Tuesday week prior

SPECIAL!!

October 3
Fieldtrip to Mt. Lemmon
Oktoberfest!
Leaving Clements @ 10 am
Returning around 4 pm
Bring a sack lunch or lunch available
for purchase @ Beyond Bread
\$4/person for transportation

PCOA **ENHANCE[®] FITNESS**
8:30-9:30 am
Mahjong 10-2 pm
Chair Strength 10-11 am
Game Time 1-4 pm

Oct 3 → **FIELD TRIP DAY**

Events in Red require
preregistration. Some
programs have a fee.
Please check with
front desk staff

5
PCOA EnhanceFitness
8:30-9:30 am
Chair Strength 10-11 am
Game Time 1-4 pm

6
Active Fitness 8-8:55 am
Active Fitness 9:05-10 am
Mahjong 10-2 pm
Craft with Staff 10:30 am
Game Time 1-4 pm
Sign up for Meals for next week!

7
PCOA EnhanceFitness
8:30-9:30 am
Gardening Club 8:30am
Chair Volleyball 8:30-10 am
Guest Speaker "Cremation 101"
Dessert & Conversation 12:30 pm
Game Time 2-4 pm

8
Active Fitness 8-8:55 am
Active Fitness 9:05-10 am
Canasta 10-2 pm
Craft Ladies 10:30-2 pm
Zentangle 10-11 am
Game Time 1-4 pm

9
PCOA Enhanced Fitness
8:30-9:30 am
Mahjong 10-2 pm
Chair Strength 10-11 am
BINGO 10-11:30 am
Game Time 1-4 pm

12
PCOA **ENHANCE[®] FITNESS**
8:30-9:30 am
Chair Strength 10-11 am
Game Time 1-4 pm

13
Active Fitness 8-8:55 am
Active Fitness 9:05-10 am
Mahjong 10-2 pm
Game Time 1-4 pm
Sign up for Meals for next week!

14
PCOA EnhanceFitness
8:30-9:30 am
Gardening Club 8:30am
Chair Volleyball 8:30-10 am
Stirring the Pot 10:30 am
Guest Speaker
Medicare Annual
Notice of Change 12:30-1:30 pm
Game Time 1:30-4 pm

15
Active Fitness 8-8:55 am
Active Fitness 9:05-10 am
Canasta 10-2 pm
Craft Ladies 10:30-2 pm
Zentangle 10-11 am
Brain Games 1 pm
Game Time 2-4 pm

16
KIDCO Ends
PCOA Enhanced Fitness
8:30-9:30 am
Mahjong 10-2 pm
Chair Strength 10-11 am
Game Time 1-4 pm
Oct 17
BooBash 5-8pm
Lincoln Park Soccer Fields

19
PCOA EnhanceFitness
8:30-9:30 am
Chair Strength 10-11 am
Game Time 1-4 pm

20
Active Fitness 8-8:55 am
Active Fitness 9:05-10 am
Mahjong 10-2 pm
Painting with Carol 10:30am
Game Time 1-4 pm
Sign up for Meals for next week!

21
PCOA **ENHANCE[®] FITNESS**
8:30-9:30 am
Gardening Club 8:30am
Chair Volleyball 8:30-10 am
Textured Art 10:30-11:30 am
Game Time 1-4 pm

22
Active Fitness 8-8:55 am
Active Fitness 9:05-10 am
Canasta 10-2 pm
Craft Ladies 10:30-2 pm
Zentangle 10-11 am
Game Time 1-4 pm

23
PCOA Enhanced Fitness
8:30-9:30 am
Mahjong 10-2 pm
Chair Strength 10-11 am
Sewing Club 1-3 pm
Game Time 1-4 pm

26
PCOA EnhanceFitness
8:30-9:30 am
Chair Strength 10-11 am
Bunco 10-12 pm
Game Time 1-4 pm

27
Active Fitness 8-8:55 am
Active Fitness 9:05-10 am
Mahjong 10-2 pm
Game Time 1-4 pm
Sign up for Meals for next week!

28
PCOA EnhanceFitness
8:30-9:30 am
Gardening Club 8:30am
Chair Volleyball 8:30-10 am
Stirring the Pot 10:30 am
Game Time 1-4 pm

29
Active Fitness 8-8:55 am
Active Fitness 9:05-10 am
Canasta 10-2 pm
Craft Ladies 10:30-2 pm
Zentangle 10-11 am
Beyond Walls BINGO 1 pm
Game Time 1-4 pm

30
PCOA Enhanced Fitness
8:30-9:30 am
Mahjong 10-2 pm
Chair Strength 10-11 am
Halloween BINGO
10-11:30 am
TEP Home Energizer Workshop
12:30 pm
Game Time 2-4 pm