

October 2025

St. Mary on the Hill Catholic Church Senior Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Leigh McCormack, Director 706-262-0340</i>			<i>1 10AM BRIDGE</i>	<i>2 10AM MEXICAN TRAIN</i>	<i>3</i>	<i>4</i>
<i>5</i>	<i>6 10AM BRIDGE</i>	<i>7 12NOON Tuesday's Music Live St. Paul's Vimadean Duo</i>	<i>8 10AM BRIDGE</i>	<i>9 10AM SENIOR STRETCH WITH JANE CASON</i>	<i>10</i>	<i>11</i>
<i>12</i>	<i>13 10AM BRIDGE</i>	<i>14 10AM BINGO & POKER</i>	<i>15 10AM BRIDGE</i>	<i>16 10AM MEXICAN TRAIN</i>	<i>17</i>	<i>18</i>
<i>19</i>	<i>20 10AM BRIDGE</i>	<i>21 12NOON Tuesday's Music Live St. Paul's Clarinet & Guitar</i>	<i>22 10AM BRIDGE</i>	<i>23 10AM SENIOR STRETCH WITH JANE CASON</i>	<i>24</i>	<i>25</i>
<i>26</i>	<i>27 10AM BRIDGE</i>	<i>28 10AM BINGO & POKER</i>	<i>29 10AM BRIDGE</i>	<i>30 10:30AM Speaker: Katie Martin,PT "Don't Fall Y'all" Fall Prevention Tips</i>	<i>31</i>	

SENIOR CENTER NEWS

OCTOBER 2025

BRIDGE:

Our seniors play every Monday and Wednesday at 10:00 am in October.
Organize a new foursome or become an ever-popular sub.

BINGO & POKER:

10:00 am Tuesday, October 14th & 28th
Have a fun time with your friends!

TUESDAY'S MUSIC LIVE

12:00 noon St. Paul's Episcopal Church

Enjoy a 30-music performance and go to lunch afterwards.

Tuesday, October 7th - Vimadean Duo, percussion & violin

Tuesday, October 21st - McClellan & Bolshoy, Clarinet & Guitar

Please call Leigh if you would like to attend.

SENIOR STRETCH WITH JANE CASON

10:00 am Thursday, October 9th & 23rd

Enjoy a stretch class taught by parishioner, Jane Cason. Jane is a trained professional and can share ways to modify the movement to best suit your ability.
Wear comfy clothing.

SPEAKER- KATIE WERRICK MARTIN, P.T.

10:30 am Thursday, October 30, Senior Center

“Don't fall y'all!”

Kate will speak about avoiding falls, getting up after a fall and assisting someone who has fallen. Call Leigh to reserve your spot. 706-262-0340

Complete calendar on flip side.

Leigh McCormack, director

706-262-0340