

SEPTEMBER 2023

SUN MON TUE WED THU FRI SAT

					1 Meals on Wheels 11:30-12:30	2
3	4 Meals on Wheels 11:30-12:30	5 AOA Bingo 12:15-1:15	6 Meals on Wheels 11:30-12:30	7	8 Meals on Wheels 11:30-12:30	9
10	11 Meals on Wheels 11:30-12:30	12 AOA Bingo 12:15-1:15	13 Meals on Wheels 11:30-12:30	14	15 Meals on Wheels 11:30-12:30	16
17	18 Meals on Wheels 11:30-12:30	19 AOA Bingo 12:15-1:15 AOA Ice Cream Social 10:00-6:30 (part of Pirates Day)	20 Meals on Wheels 11:30-12:30	21	22 Meals on Wheels 11:30-12:30	23
24	25 Meals on Wheels 11:30-12:30	26 Fall Pre- vention Class (12:30- 1:30)	27 Meals on Wheels 11:30-12:30	28 AOA Luncheon 12:15-1:30 Empowering Seniors 8:30-1:30 (Hurst Conference Center)	29	30



AOA Event Schedule

THE BEDFORD
CENTER YMCA

OCTOBER 2023

SUN MON TUE WED THU FRI SAT

1	2 Meals on Wheels (11:30- 12:30)	3	4 Meals on Wheels (11:30- 12:30)	5	6 Meals on Wheels (11:30- 12:30)	7
8	9 Meals on Wheels (11:30- 12:30)	10 AOA Bingo (12:15- 1:15)	11 Pie and Medicare Lecture (10:45- 11:45) Meals on Wheels (11:30- 12:30)	12 Dementia Awareness Class (12:30- 1:30)	13 Meals on Wheels (11:30- 12:30)	14
15	16 Meals on Wheels (11:30- 12:30)	17	18 Meals on Wheels (11:30- 12:30)	19 Senior Social (12:15- 1:15)	20 Meals on Wheels (11:30- 12:30)	21
22	23 Meals on Wheels (11:30- 12:30)	24 AOA Bingo (12:15- 1:15)	25 Meals on Wheels (11:30- 12:30)	26 Monthly Luncheon (12:15- 1:30)	27	28
29	30	31				



**Active
Older
Adult
Member
Events**

**THE BEDFORD
CENTER YMCA**