

# Oct

## October 2018

### Saturday, 6th - Pancake Bar

Fluffy, round pancakes are the perfect base to create a stack of deliciousness with our pancake bar.  
10am-12pm

### Thursday, 18th - Trivia Night

6pm-8pm

### Fitness Information

Download the Fitcasa App to Register For Class  
Class is Free for Residents and their Guests!



ONELAKESEGE

S	M	T	W	Th	F	S
	1 YOGA	2 ZUMBA fitness	3	MUSCLE SCULPT	5 WORLD SMILE DAY	Patients and Poisons Pancake Bar
7	8 YOGA	9 ZUMBA fitness	10	MUSCLE SCULPT	12	13
14	15 YOGA	16 ZUMBA fitness	17	18 Trivia Night	19	20
21	22 YOGA	23 ZUMBA fitness	24	MUSCLE SCULPT	26	27
28 National Chocolate Day	29 YOGA	30 ZUMBA fitness	31 Happy Halloween			

### Fitness

**YOGA**

6:30pm

**ZUMBA**

6:30pm

**MUSCLE SCULPT**

6:30pm