

Site	Date	Day	Time	Topic	Instructor
Autumnwood	October 14	Tuesday	1 PM	Benefits Bingo!	Moirá Mycio
Autumnwood	October 16	Thursday	1 PM	Family Court & Grandparent Legal Issues	Paul Buchanan
Autumnwood	October 23	Thursday	1 PM	YogaDance & Meditation: Move, Breathe, Transform	Kohava Howard
Autumnwood	November 6	Thursday	1 PM	Hands Only CPR/AED	Sarah Hopseker
Autumnwood	November 25	Tuesday	1 PM	Drum4Health/Bringing Rhythm to Life	Carolyn Zimmerman