

Site	Date	Day	Time	Topic	Instructor
Tosh Collins	October 8	Wednesday	1 PM	Transforming Anxiety into Peaceful Flow	Sherry Lyn Hartel
Tosh Collins	October 10	Friday	11:45 AM	Crazy 1960's	Harriet Grayson
Tosh Collins	October 15	Wednesday	1 PM	Introduction to Healing Touch	Kathryn Frankiewicz
Tosh Collins	October 17	Friday	11:45 AM	The 10 Most Influential Films	Alan Nowicki
Tosh Collins	October 22	Wednesday	1 PM	Spice Up the Holidays	Pati Aine Guzinski
Tosh Collins	October 24	Friday	11:45 AM	Medication Management for Seniors	Sarah Hopseker
Tosh Collins	October 29	Wednesday	12 PM	Rock On! Learn About Stones & Craft Your Own Bracelet!	Jennifer Chowdhury
Tosh Collins	October 31	Friday	11:45 AM	Benefits Bingo!	Moiria Mycio
Tosh Collins	November 5	Wednesday	1 PM	Learn How to Play BUNCO	Cindy Solly
Tosh Collins	November 7	Friday	11:45 AM	Spot that Scam! By Being an Educated Consumer	Jennifer Andres
Tosh Collins	November 12	Wednesday	1 PM	Fall Detoxing	Sherry Lynn Hartel
Tosh Collins	November 14	Friday	11:45 AM	Positive Attitude (You Can Be Better Not Bitter)	Sister Judy Beiswanger
Tosh Collins	November 19	Wednesday	1 PM	Qigong	Susanne Rosinski
Tosh Collins	November 21	Friday	11:45 AM	Self-Empowerment and Self-Defense for Seniors	Rhonda Bent
Tosh Collins	November 26	Wednesday	1 PM	Make A Wish Birthday Card Class (Art from the Heart)	Cindy Solly
Tosh Collins	December 3	Wednesday	1 PM	Relaxation and Stress Release	Lori Ann Redlinski
Tosh Collins	December 10	Wednesday	1 PM	Pain Management Using the Power of your mind	Lori Ann Redlinski

Tosh Collins	December 12	Friday	11:45 AM	Declutter with Purpose: Practical Strategies for an Organized Life	Michelle Walter
Tosh Collins	December 17	Wednesday	1 PM	Drum4Health/Bringing Rhythm to Life	Carolyn Zimmerman
Tosh Collins	December 19	Friday	11:45 AM	Senior Living Hacks for Green Living	Amy Alduino