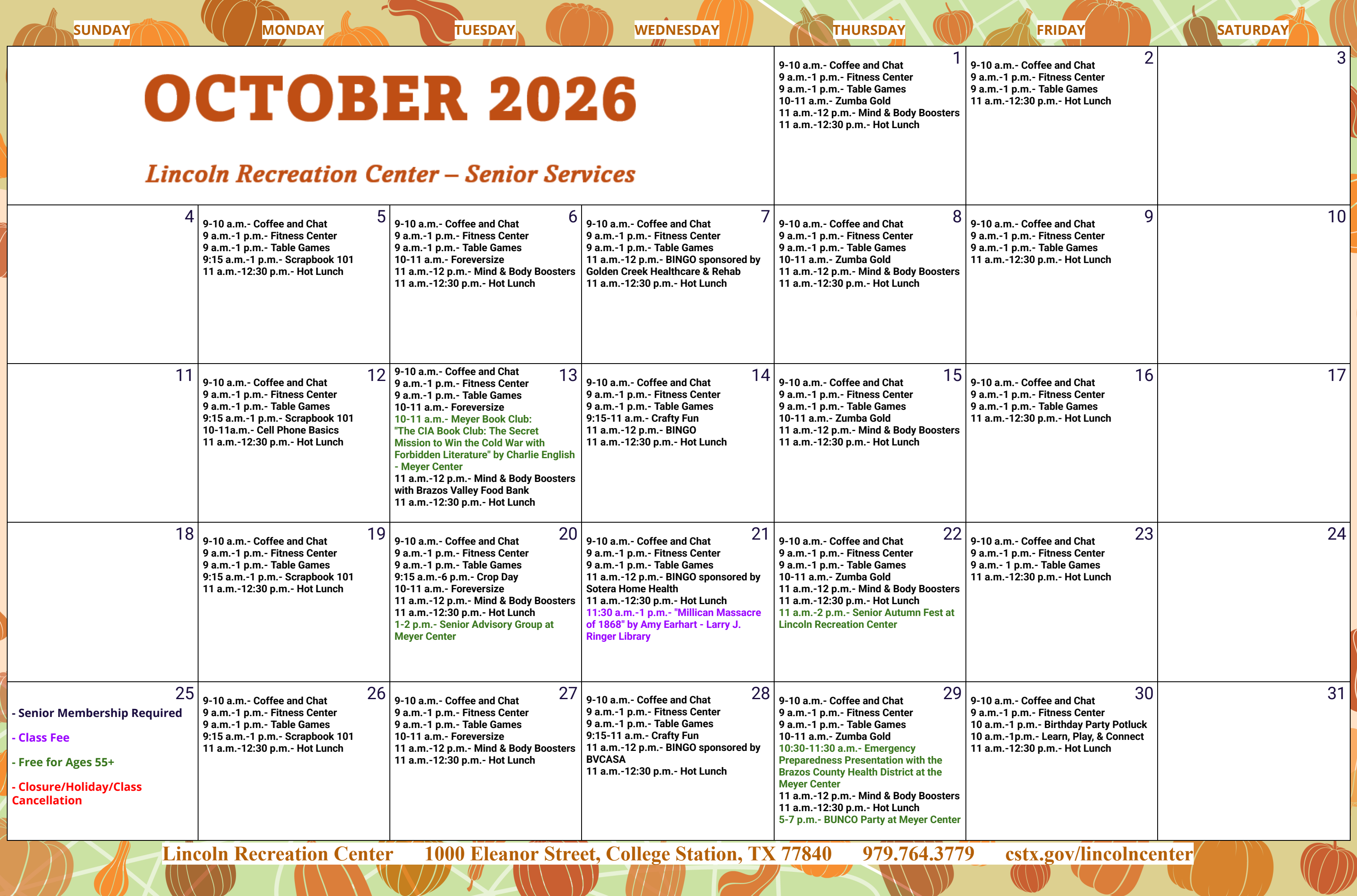


Meyer Senior & Community Center – Senior Services

Meyer Senior & Community Center 2275 Dartmouth Street, College Station, TX 77840 979.764.2670 cstx.gov/meyercenter



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

OCTOBER 2026

Lincoln Recreation Center – Senior Services

OCTOBER 2026 Lincoln Recreation Center – Senior Services				9-10 a.m.- Coffee and Chat 9 a.m.-1 p.m.- Fitness Center 9 a.m.-1 p.m.- Table Games 10-11 a.m.- Zumba Gold 11 a.m.-12 p.m.- Mind & Body Boosters 11 a.m.-12:30 p.m.- Hot Lunch	1	9-10 a.m.- Coffee and Chat 9 a.m.-1 p.m.- Fitness Center 9 a.m.-1 p.m.- Table Games 11 a.m.-12:30 p.m.- Hot Lunch	2		3			
4	9-10 a.m.- Coffee and Chat 9 a.m.-1 p.m.- Fitness Center 9 a.m.-1 p.m.- Table Games 9:15 a.m.-1 p.m.- Scrapbook 101 11 a.m.-12:30 p.m.- Hot Lunch	5	9-10 a.m.- Coffee and Chat 9 a.m.-1 p.m.- Fitness Center 9 a.m.-1 p.m.- Table Games 10-11 a.m.- Foreversize 11 a.m.-12 p.m.- Mind & Body Boosters 11 a.m.-12:30 p.m.- Hot Lunch	6	9-10 a.m.- Coffee and Chat 9 a.m.-1 p.m.- Fitness Center 9 a.m.-1 p.m.- Table Games 11 a.m.-12 p.m.- BINGO sponsored by Golden Creek Healthcare & Rehab 11 a.m.-12:30 p.m.- Hot Lunch	7	9-10 a.m.- Coffee and Chat 9 a.m.-1 p.m.- Fitness Center 9 a.m.-1 p.m.- Table Games 10-11 a.m.- Zumba Gold 11 a.m.-12 p.m.- Mind & Body Boosters 11 a.m.-12:30 p.m.- Hot Lunch	8	9-10 a.m.- Coffee and Chat 9 a.m.-1 p.m.- Fitness Center 9 a.m.-1 p.m.- Table Games 11 a.m.-12:30 p.m.- Hot Lunch	9		10
11	9-10 a.m.- Coffee and Chat 9 a.m.-1 p.m.- Fitness Center 9 a.m.-1 p.m.- Table Games 9:15 a.m.-1 p.m.- Scrapbook 101 10-11a.m.- Cell Phone Basics 11 a.m.-12:30 p.m.- Hot Lunch	12	9-10 a.m.- Coffee and Chat 9 a.m.-1 p.m.- Fitness Center 9 a.m.-1 p.m.- Table Games 10-11 a.m.- Foreversize 10-11 a.m.- Meyer Book Club: "The CIA Book Club: The Secret Mission to Win the Cold War with Forbidden Literature" by Charlie English - Meyer Center 11 a.m.-12 p.m.- Mind & Body Boosters with Brazos Valley Food Bank 11 a.m.-12:30 p.m.- Hot Lunch	13	9-10 a.m.- Coffee and Chat 9 a.m.-1 p.m.- Fitness Center 9 a.m.-1 p.m.- Table Games 9:15-11 a.m.- Crafty Fun 11 a.m.-12 p.m.- BINGO 11 a.m.-12:30 p.m.- Hot Lunch	14	9-10 a.m.- Coffee and Chat 9 a.m.-1 p.m.- Fitness Center 9 a.m.-1 p.m.- Table Games 10-11 a.m.- Zumba Gold 11 a.m.-12 p.m.- Mind & Body Boosters 11 a.m.-12:30 p.m.- Hot Lunch	15	9-10 a.m.- Coffee and Chat 9 a.m.-1 p.m.- Fitness Center 9 a.m.-1 p.m.- Table Games 11 a.m.-12:30 p.m.- Hot Lunch	16		17
18	9-10 a.m.- Coffee and Chat 9 a.m.-1 p.m.- Fitness Center 9 a.m.-1 p.m.- Table Games 9:15 a.m.-1 p.m.- Scrapbook 101 11 a.m.-12:30 p.m.- Hot Lunch	19	9-10 a.m.- Coffee and Chat 9 a.m.-1 p.m.- Fitness Center 9 a.m.-1 p.m.- Table Games 9:15 a.m.-6 p.m.- Crop Day 10-11 a.m.- Foreversize 11 a.m.-12 p.m.- Mind & Body Boosters 11 a.m.-12:30 p.m.- Hot Lunch 1-2 p.m.- Senior Advisory Group at Meyer Center	20	9-10 a.m.- Coffee and Chat 9 a.m.-1 p.m.- Fitness Center 9 a.m.-1 p.m.- Table Games 11 a.m.-12 p.m.- BINGO sponsored by Sotera Home Health 11 a.m.-12:30 p.m.- Hot Lunch 11:30 a.m.-1 p.m.- "Millican Massacre of 1868" by Amy Earhart - Larry J. Ringer Library	21	9-10 a.m.- Coffee and Chat 9 a.m.-1 p.m.- Fitness Center 9 a.m.-1 p.m.- Table Games 10-11 a.m.- Zumba Gold 11 a.m.-12 p.m.- Mind & Body Boosters 11 a.m.-12:30 p.m.- Hot Lunch 11 a.m.-2 p.m.- Senior Autumn Fest at Lincoln Recreation Center	22	9-10 a.m.- Coffee and Chat 9 a.m.-1 p.m.- Fitness Center 9 a.m.-1 p.m.- Table Games 11 a.m.-12:30 p.m.- Hot Lunch	23		24
25	- Senior Membership Required - Class Fee - Free for Ages 55+ - Closure/Holiday/Class Cancellation	26	9-10 a.m.- Coffee and Chat 9 a.m.-1 p.m.- Fitness Center 9 a.m.-1 p.m.- Table Games 9:15 a.m.-1 p.m.- Scrapbook 101 11 a.m.-12:30 p.m.- Hot Lunch	27	9-10 a.m.- Coffee and Chat 9 a.m.-1 p.m.- Fitness Center 9 a.m.-1 p.m.- Table Games 10-11 a.m.- Foreversize 11 a.m.-12 p.m.- Mind & Body Boosters 11 a.m.-12:30 p.m.- Hot Lunch	28	9-10 a.m.- Coffee and Chat 9 a.m.-1 p.m.- Fitness Center 9 a.m.-1 p.m.- Table Games 9:15-11 a.m.- Crafty Fun 11 a.m.-12 p.m.- BINGO sponsored by BVCASA 11 a.m.-12:30 p.m.- Hot Lunch	29	9-10 a.m.- Coffee and Chat 9 a.m.-1 p.m.- Fitness Center 9 a.m.-1 p.m.- Table Games 10-11 a.m.- Zumba Gold 10:30-11:30 a.m.- Emergency Preparedness Presentation with the Brazos County Health District at the Meyer Center 11 a.m.-12 p.m.- Mind & Body Boosters 11 a.m.-12:30 p.m.- Hot Lunch 5-7 p.m.- BUNCO Party at Meyer Center	30	9-10 a.m.- Coffee and Chat 9 a.m.-1 p.m.- Fitness Center 10 a.m.-1 p.m.- Birthday Party Potluck 10 a.m.-1p.m.- Learn, Play, & Connect 11 a.m.-12:30 p.m.- Hot Lunch	31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCTOBER 2026 Southwood Community Center – Senior Services				1 9:30-10:30 a.m.- Heartfulness Meditation 1-2 p.m.- Computer & Tech Class	2 9-10 a.m.- Intermediate Line Dancing II 10:15-11:15 a.m.- Advanced Beginner Line Dancing with Jennifer	3
4	5 9-10 a.m.- Beginning Line Dance 10-11 a.m.- Advanced Beginner Line Dance 1-2:30 p.m.- Foreversize 3:30-4:10 p.m.- Fit Self-Defense	6 9-10 a.m.- Intermediate Line Dancing II 1-2 p.m.- Computer & Tech Class	7 7:30-8:30 a.m.- Beginner Yoga 9-10 a.m.- Beginning Line Dance 10-11 a.m.- Advanced Beginner Line Dance 1-2:30 p.m.- Foreversize 3:30-4:10 p.m.- Fit Self-Defense	8 9:30-10:30 a.m.- Heartfulness Meditation 1-2 p.m.- Computer & Tech Class	9 9-10 a.m.- Intermediate Line Dancing II 10:15-11:15 a.m.- Advanced Beginner Line Dancing with Jennifer	10
11	12 9-10 a.m.- Beginning Line Dance 10-11 a.m.- Advanced Beginner Line Dance No Foreversize 3:30-4:10 p.m.- Fit Self-Defense	13 9-10 a.m.- Intermediate Line Dancing II 10-11 a.m.- Meyer Book Club: "The CIA Book Club: The Secret Mission to Win the Cold War with Forbidden Literature" by Charlie English - Meyer Center 1-2 p.m.- Computer & Tech Class	14 7:30-8:30 a.m.- Beginner Yoga 9-10 a.m.- Beginning Line Dance 10-11 a.m.- Advanced Beginner Line Dance 1-2:30 p.m.- Foreversize 3:30-4:10 p.m.- Fit Self-Defense	15 9:30-10:30 a.m.- Heartfulness Meditation 1-2 p.m.- Computer & Tech Class	16 9-10 a.m.- Intermediate Line Dancing II 10:15-11:15 a.m.- Advanced Beginner Line Dancing with Jennifer	17
18	19 9-10 a.m.- Beginning Line Dance 10-11 a.m.- Advanced Beginner Line Dance 1-2:30 p.m.- Foreversize 3:30-4:10 p.m.- Fit Self-Defense	20 9-10 a.m.- Intermediate Line Dancing II 1-2 p.m.- Computer & Tech Class 1-2 p.m.- Senior Advisory Group at Meyer Center	21 7:30-8:30 a.m.- Beginner Yoga 9-10 a.m.- Beginning Line Dance 10-11 a.m.- Advanced Beginner Line Dance 11:30 a.m.-1 p.m.- "Millican Massacre of 1868" by Amy Earhart - Larry J. Ringer Library 1-2:30 p.m.- Foreversize 3:30-4:10 p.m.- Fit Self-Defense	22 9:30-10:30 a.m.- Heartfulness Meditation 11 a.m.-2 p.m.- Senior Autumn Fest at Lincoln Recreation Center 1-2 p.m.- Computer & Tech Class	23 9-10 a.m.- Intermediate Line Dancing II 10:15-11:15 a.m.- Advanced Beginner Line Dancing with Jennifer	24
25 - Senior Membership Required - Class Fee - Free for Ages 55+ - Closure/Holiday/Class Cancellation	26 9-10 a.m.- Beginning Line Dance 10-11 a.m.- Advanced Beginner Line Dance 1-2:30 p.m.- Foreversize 3:30-4:10 p.m.- Fit Self-Defense	27 9-10 a.m.- Intermediate Line Dancing II 1-2 p.m.- Computer & Tech Class	28 7:30-8:30 a.m.- Beginner Yoga 9-10 a.m.- Beginning Line Dance 10-11 a.m.- Advanced Beginner Line Dance 1-2:30 p.m.- Foreversize 3:30-4:10 p.m.- Fit Self-Defense	29 9:30-10:30 a.m.- Heartfulness Meditation 10:30-11:30 a.m.- Emergency Preparedness Presentation with the Brazos County Health District at the Meyer Center 1-2 p.m.- Computer & Tech Class 5-7 p.m.- BUNCO Party at Meyer Center	30 9-10 a.m.- Intermediate Line Dancing II 10:15-11:15 a.m.- Advanced Beginner Line Dancing with Jennifer	31