





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>October 2024</b></p>	 <p>Virginia S. Tillett Community Center 950 Marshall C. Collins Dr Manteo, NC 27954 (252) 475-9270</p>	<p>1</p> <p>7:00- 7:00 Fitness Room 7:30- 8:30 Tai Chi-MR 8:45- 9:45 Tai Chi-MR 9:00- 1:00 Tea Cup Quilters-AC 10:00-10:45 Tabata Silver-MR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 Congregate Meals-DR 12:00- 1:00 Medicare 101-CR 2:00- 4:00 Rummikub-LM 3:00- 6:00 COA Culinary Class-K</p>	<p>2</p> <p>7:00- 1:00/3:30-7:00 Fitness Rm 8:00- 9:00 Yoga w/Mary-MR 9:45-10:45 Youthful Hearts-MR 12:00- 1:00 Congregate Meals-DR 12:30- 3:00 Art Works Club-AC 1:00- 4:00 Mahjong Mavens-LM</p>	<p>3</p> <p>7:00- 7:00 Fitness Room 7:30- 8:30 Tai Chi-MR 8:45- 9:45 Tai Chi-MR 9:00- 1:00 Caregivers Day Out-AC,DR 10:00-11:15 Yoga w/ Pat-MR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 Congregate Meals-DR 12:30- 1:30 Beach Club 2:00- 3:00 Caregivers Support-LM 4:30- 7:00 4H Cooking Club-K,AC 5:30- 6:30 Yoga with Tracy-LM 6:00- 7:00 TOPS-CR</p>	<p>4</p> <p>7:00- 5:00 Fitness Room 9:45-10:45 Youthful Hearts-Outside 10:00- 3:00 Blood Drive 12:00- 1:00 Congregate Meals-DR 12:30- 3:00 Glass &amp; Resin-AC 4:00- 8:00 Manteo Rotary-MR</p>	<p><b>Fitness Room is closed every Wednesday from 1-3:30 pm for cleaning!</b></p>
<p>6</p>	<p>7</p> <p>7:00- 7:00 Fitness Room 8:00- 9:00 Yoga w/Mary-MR 9:00-11:00 8 Ball League-AR 9:00-12:00 Canasta-LM 9:00-12:00 Flu Clinic-AC 9:45-10:45 Youthful Hearts-MR 11:00-12:00 Line Dancing-MR 12:00- 1:00 Congregate Meals-DR 12:30- 3:00 Glass &amp; Resin-AC 3:00- 6:00 COA Culinary Class-K</p>	<p>8</p> <p>7:00- 7:00 Fitness Room 7:30- 8:30 Tai Chi-MR 8:45- 9:45 Tai Chi-MR 9:00- 1:00 Tea Cup Quilters-AC 9:00-10:00 VTCC Adv. Brd.-CR 10:00-10:45 Tabata Silver-MR 10:00-11:00 Dare to Scare Mtg.-CR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 Congregate Meals-DR 2:00- 4:00 Rummikub-LM 3:00- 6:00 COA Culinary Class-K</p>	<p>9</p> <p>7:00- 1:00/3:30-7:00 Fitness Rm 8:00- 9:00 Yoga w/Mary-MR 9:45-10:45 Youthful Hearts-MR 12:00- 1:00 Congregate Meals-DR 12:30- 3:00 Art Works Club-AC 1:00- 4:00 Mahjong Mavens-LM</p>	<p>10</p> <p>7:00- 7:00 Fitness Room 7:30- 8:30 Tai Chi-MR 8:45- 9:45 Tai Chi-MR 9:00- 1:00 Caregivers Day Out-AC,DR 10:00-11:15 Yoga w/ Pat-MR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 Congregate Meals-DR 12:30- 1:30 Beach Club 6:00- 7:00 TOPS-CR 6:00- 7:00 R.L Womens Club-AC</p>	<p>11</p> <p>7:00- 5:00 Fitness Room 9:45-10:45 Youthful Hearts-MR 11:00-12:00 Line Dancing-MR 12:00- 1:00 Congregate Meals-DR 12:10- 1:00 Step &amp; Tone-MR 12:30- 3:00 Glass &amp; Resin-AC</p>	 <p><b>8th ANNUAL DARE TO SCARE 5K</b> AND SWEET TREAT FUN RUN</p>
<p>13</p>	<p>14</p> <p>7:00- 7:00 Fitness Room 8:00- 9:00 Yoga w/Mary-MR 9:00-11:00 8 Ball League-AR 9:00-12:00 Canasta-LM 9:45-10:45 Youthful Hearts-MR 11:00-12:00 Line Dancing-MR 12:00- 1:00 Congregate Meals-DR 12:10- 1:00 Step &amp; Tone-MR 12:30- 3:00 Glass &amp; Resin-AC 3:00- 6:00 COA Culinary Class-K</p>	<p>15</p> <p>7:00- 7:00 Fitness Room 7:30- 8:30 Tai Chi-MR 8:45- 9:45 Tai Chi-MR 9:00- 1:00 Tea Cup Quilters-AC 9:00- 1:00 All Ages Pool Tourn.-AR 10:00-10:45 Tabata Silver-MR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 Congregate Meals-DR 2:00- 4:00 Rummikub-LM 3:00- 6:00 COA Culinary Class-K</p>	<p>16</p> <p>7:00- 1:00/3:30-7:00 Fitness Rm 8:00- 9:00 Yoga w/Mary-MR 9:45-10:45 Youthful Hearts-MR 12:00- 1:00 Congregate Meals-DR 12:30- 3:00 Art Works Club-AC 1:00- 4:00 Mahjong Mavens-LM 6:00- 7:00 Grief Support Group-CR 6:00- 7:00 P. Forge Trip Meeting-DR</p>	<p>17</p> <p>7:00- 7:00 Fitness Room 7:30- 8:30 Tai Chi-MR 8:45- 9:45 Tai Chi-MR 9:00- 1:00 Caregivers Day Out-AC,DR 10:00-11:15 Yoga w/ Pat-MR 10:00-11:00 Advance Care Plan.-CR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 Congregate Meals-DR 12:30- 1:30 Beach Club 5:30- 6:30 Yoga with Tracy-MR 6:00- 7:00 TOPS-CR 6:00- 7:00 D2S Volunteer Mtg-DR</p>	<p>18</p> <p>7:00- 5:00 Fitness Room 9:45-10:45 Youthful Hearts-MR 11:00-12:00 Line Dancing-MR 12:00- 1:00 Congregate Meals-DR 12:30- 3:00 Glass &amp; Resin-AC</p>	<p>Use the link below to SIGN UP NOW!</p> <p><a href="https://runsignup.com/Race/NC/Manteo/DaretoScare5kSweetTreatFunRun">https://runsignup.com/Race/NC/Manteo/DaretoScare5kSweetTreatFunRun</a></p>
 <p>RSVP for our Veterans Celebration by calling 252-475-9270!</p>	<p>21</p> <p>7:00- 7:00 Fitness Room 8:00- 9:00 Yoga w/Mary-MR 9:00-11:00 8 Ball League-AR 9:00-12:00 Canasta-LM 9:45-10:45 Youthful Hearts-MR 11:00-12:00 Line Dancing-MR 12:00- 1:00 Congregate Meals-DR 12:30- 3:00 Glass &amp; Resin Class-AC 3:00- 6:00 COA Culinary Class-K</p>	<p>22</p> <p>7:00- 7:00 Fitness Room 7:30- 8:30 Tai Chi-MR 8:45- 9:45 Tai Chi-MR 9:00- 1:00 Tea Cup Quilters-AC 10:00-10:45 Tabata Silver-MR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 Congregate Meals-DR 2:00- 4:00 Rummikub-LM 3:00- 6:00 COA Culinary Class-K</p>	<p>23</p> <p>7:00- 1:00/3:30-7:00 Fitness Rm 8:00- 9:00 Yoga w/Mary-MR 9:45-10:45 Youthful Hearts-MR 12:00- 1:00 Congregate Meals-DR 12:30- 3:00 Art Works Club-AC 1:00- 4:00 Mahjong Mavens-LM 3:00- 7:00 COA Holiday Culinary-K</p>	<p>24</p> <p>7:00- 7:00 Fitness Room 7:30- 8:30 Tai Chi-MR 8:45- 9:45 Tai Chi-MR 9:00- 1:00 Caregivers Day Out-AC,DR 10:00-11:15 Yoga w/ Pat-MR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 Congregate Meals-DR 12:30- 1:30 Beach Club 5:30- 6:30 Yoga with Tracy-MR 5:30- 7:00 Book Club-LM 6:00- 7:00 TOPS-CR</p>	<p>25</p> <p>7:00- 5:00 Fitness Room 9:45-10:45 Youthful Hearts-MR 11:00-12:00 Line Dancing-MR 12:00- 1:00 Congregate Meals-DR 12:10- 1:00 Step &amp; Tone-MR 12:30- 4:00 Glass &amp; Resin-AC 4:00- 6:00 Packet Pickup-MR 2:00- 4:00 GEM Harmony Café-AC,DR</p>	<p>26</p> <p><b>DARE TO SCARE</b></p> <p>8:00 a.m. 5K 9:00 a.m. Sweet Treat Fun Run</p>
<p>27</p>	<p>28</p> <p>7:00- 7:00 Fitness Room 8:00- 9:00 Yoga w/Mary-MR 9:00-11:00 8 Ball League-A 9:00-12:00 Canasta-LM 9:30- 4:00 Basket Making-AC 9:45-10:45 Youthful Hearts-MR 10:00-12:00 "National Treasure"-LM 11:00-12:00 Line Dancing-MR 12:00- 1:00 Congregate Meals-AC 12:10- 1:00 Step &amp; Tone-MR 3:00- 6:00 COA Culinary Class-K</p>	<p>29</p> <p>7:00- 7:00 Fitness Room 7:30- 8:30 Tai Chi-MR 8:45- 9:45 Tai Chi-MR 9:00- 1:00 Tea Cup Quilters-AC 10:00-10:45 Tabata Silver-MR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 Congregate Meals-DR 2:00- 4:00 Rummikub-LM</p>	<p>30</p> <p>7:00- 1:00/3:30-7:00 Fitness Rm 8:00- 9:00 Yoga w/Mary-MR 9:45-10:45 Youthful Hearts-MR 12:00- 1:00 Congregate Meals-DR 12:30- 3:00 Art Works Club-AC 1:00- 4:00 Mahjong Mavens-LM</p>	<p>31</p> <p>7:00- 7:00 Fitness Room 7:30- 8:30 Tai Chi-MR 8:45- 9:45 Tai Chi-MR 9:00- 1:00 Caregivers Day Out-AC,DR 10:00-11:15 Yoga w/ Pat-MR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 Congregate Meals-DR 12:30- 1:30 Beach Club 12:30- 4:00 Day Trip with Kat 5:30- 6:30 Yoga with Tracy-MR 6:00- 7:00 TOPS-CR</p>	<p><b>JOIN THE VTCC EVERY FRIDAY TO SHOW YOUR SUPPORT FOR YOUR FAVORITE TEAM!</b></p>  <p>*more info in our newsletter*</p>	<p>Activity Room-AR Multi-Purpose Room-MR Kitchen-K Dining Room-DR Arts &amp; Crafts Room-AC Fitness Room-FR Conference Room-CR Lounge/Media Room-LM Google Meet-GM Zoom-Z</p>