







# October 2020 Virtual Forums



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2	3
4 <i>Tuesdays and Wednesdays @ 10:30 a.m.</i>	5	6 Meditation and Mindfulness 	7 Team Scattergories	8 Estate Planning 101	9	10
11 <i>Thursdays @ 3:00 p.m.</i>	12	13 Iyashi Care	14 Kabocha Roast 	15 Succulent Pumpkin Demo	16	17
18 <i>Visit <a href="http://keiro.org">keiro.org</a> to sign up for virtual forums</i>	19	20 Crochet for Charity 	21 Facebook Groups	22 Brain Health 	23	24 Keiro Symposium 10:00 - 12:00
25	26	27 Conversation Kitchen	28 Judo Demo 	29 Community Bingo	30	31  Halloween
	<i>Highlight the forums you signed up for.</i>		<i>If you didn't receive the link in an email, check your spam folder.</i>		<i>If you have questions, email <a href="mailto:programs@keiro.org">programs@keiro.org</a></i>	