

# October 2025

**\*\*All events held at the practice unless otherwise stated\*\***

## 10/2/25- Book Club @ 5pm

Held at the practice. **"Tell Me Everything" by Elizabeth Strout**

## 10/13/25- Walk With A Doc @ 530pm

West Seneca Soccer Complex, 3747 Seneca St. West Seneca, NY 14224

Look for the sign! We'll meet to take a .9 mile walk around a paved, flat loop.

## 10/6/25 & 10/14/25- Culinary Medicine Classes

Held at the practice.

*Please RSVP within (2) business days if you are planning to attend.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Book Club <i>'Tell Me Everything'</i> <b>5-6pm</b> <b>**RSVP Required**</b>	3	4
5	6 Culinary Medicine <i>Apple Season</i> <b>530pm-7pm</b> <b>**RSVP Required**</b>	7 Yoga & Meditation <b>6-7am</b> Chair Yoga <b>10-1045am</b>	8	9 Yoga & Meditation <b>530-630pm</b>	10	11
12	13 Walk With A Doc <b>530pm</b> <b>**Off-Site Event**</b>	14 Yoga & Meditation <b>6-7am</b> Culinary Medicine <i>Spooky Treats</i> <b>2-3pm</b> <b>**RSVP Required**</b>	15	16 Yoga & Meditation <b>530-630pm</b>	17	18
19	20	21 Yoga & Meditation <b>6-7am</b> Chair Yoga <b>10-1045am</b>	22	23 Yoga & Meditation <b>530-630pm</b>	24	25
26	27	28 Yoga & Meditation <b>6-7am</b> Chair Yoga <b>10-1045am</b>	29	30 Yoga & Meditation <b>530-630pm</b>	31	