

2023 年

10 月分

| | | | 1 階 | 2 階 |
|----|---|----|-------|-----|
| 1 | 日 | AM | | |
| | | PM | | |
| 2 | 月 | AM | | |
| | | PM | | |
| 3 | 火 | AM | 折り紙の会 | |
| | | PM | | |
| 4 | 水 | AM | | |
| | | PM | | |
| 5 | 木 | AM | | |
| | | PM | | |
| 6 | 金 | AM | | |
| | | PM | | |
| 7 | 土 | AM | 町会 | 町会 |
| | | PM | | |
| 8 | 日 | AM | | |
| | | PM | | |
| 9 | 月 | AM | | |
| | | PM | | |
| 10 | 火 | AM | | |
| | | PM | | |
| | | | 1 階 | 2 階 |
| 11 | 水 | AM | | |
| | | PM | | |
| 12 | 木 | AM | | |
| | | PM | 体操教室 | |
| 13 | 金 | AM | | |
| | | PM | | |
| 14 | 土 | AM | 斎南カフェ | |
| | | PM | | |
| 15 | 日 | AM | | |
| | | PM | | |
| 16 | 月 | AM | | |
| | | PM | | |
| 17 | 火 | AM | 折り紙の会 | |
| | | PM | | |
| 18 | 水 | AM | | |
| | | PM | | |
| 19 | 木 | AM | | |
| | | PM | | |
| 20 | 金 | AM | | |
| | | PM | | |

| | | | 1階 | 2階 |
|----|---|-----|--------|----|
| 21 | 土 | A M | | |
| | | P M | おしゃべり会 | |
| 22 | 日 | A M | | |
| | | P M | | |
| 23 | 月 | A M | | |
| | | P M | | |
| 24 | 火 | A M | | |
| | | P M | | |
| 25 | 水 | A M | | |
| | | P M | | |
| 26 | 木 | A M | | |
| | | P M | 体操教室 | |
| 27 | 金 | A M | | |
| | | P M | | |
| 28 | 土 | A M | | |
| | | P M | | |
| 29 | 日 | A M | | |
| | | P M | | |
| 30 | 月 | A M | | |
| | | P M | | |
| 31 | 火 | A M | | |
| | | P M | | |