

# FRIENDS IN DEED - October Events



301 W. Camino Casa Verde - Hours 8 to 3 - [www.fid-gv.org](http://www.fid-gv.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Walmart/99c Store 8-10 a.m. Sahuarita Safeway 1-3 p.m.	3 <b>Blood Pressure 8:30-10:30</b> Trader Joe's/Roma 8:30-12:30	4 Food Bank 8 -10 a.m. Walmart/99c Store 1-3 p.m.	5 Tucson Mall 9 a.m.-3 p.m.	6 <b>Blood Pressure 8:30-10:30</b> <b>8:30-10:30 a.m.</b> <b>FID-F Social 8:30-10 a.m.</b> <b>"The Accordianaires"</b>
9 Walmart/99c Store 8-10 a.m. Sahuarita Safeway 1-3 p.m.	10 <b>Blood Pressure 8:30-10:30</b> Trader Joe's/Sprouts 8:30-12:30	11 Food Bank 8-10 a.m. <b>Brain Aerobics 11 a.m.-noon</b> <b>Creative Mandalas 1-2 p.m.</b> Walmart/99c Store 1-3 p.m.	12 Park Place Mall 9 a.m.-3 p.m.	13 <b>Blood Pressure 8:30-10:30</b> <b>8:30-10:30 a.m.</b> <b>FID-F Social 8:30-10 a.m.</b> <b>"Beautiful Wood Carvings"</b>
16 Walmart/99c Store 8-10 a.m. Sahuarita Safeway 1-3 p.m.	17 <b>Blood Pressure 8:30-10:30</b> Trader Joe's/Whole Foods 8:30-12:30	18 Food Bank 8 -10 a.m. Walmart/99c Store 1-3 p.m.	19 <b>Transformance Class</b> <b>9:00-12:00</b> Tucson Mall 9 a.m.-3 p.m.	20 <b>Blood Pressure 8:30-10:30</b> <b>FID-F Social 8:30-10 a.m.</b> <b>"Poet, Bonnie Papenfuss"</b> <b>Marana Outlet 9 a.m.-3 p.m.</b>
23 Walmart/99c Store 8-10 a.m. Sahuarita Safeway 1-3 p.m.	24 <b>Blood Pressure 8:30-10:30</b> Trader Joe's/Sprouts 8:30-12:30	25 Food Bank 8 -10 a.m. Walmart/99c Store 1-3 p.m.	26 Park Place Mall 9 a.m.-3 p.m.	27 <b>Blood Pressure 8:30-10:30</b> <b>8:30-10:30 a.m.</b> <b>FID-F Social 8:30-10 a.m.</b> <b>"October's BD Party"</b>
30 Walmart/99c Store 8-10 a.m. Sahuarita Safeway 1-3 p.m.	31 <b>Blood Pressure 8:30-10:30</b> Trader Joe's/Roma 8:30-12:30	<b>Electric Scooters</b> <b>Call for information</b> <b>625-1150</b> <b>or come and view</b>	Saturday, October 7 Van trip to Mt. Lemmon Octoberfest 10 a.m.-4 p.m.	<b>INDEX</b> Purple=Spec. Events Red=Blood Pressure Blue=Socials Black=Van Trips

**FRIENDS IN DEED is an all volunteer and AZ Qualifying Charitable Organization operating since 1971**

We Loan Durable Medical Equipment, Provide Transportation and Loan Rooms to Non-Profits

For Information on Weekly Shopping/Social Van Trips, Doctor a/o Personal Appointments call: 520-625-4424

For Meeting Rooms, Special Events and General Information call: 520-625-1150

**ALL PROGRAMS ARE AVAILABLE AT NO CHARGE**

**OUR VOLUNTEERS MAKE IT HAPPEN --- YOUR DONATIONS MAKE IT POSSIBLE**

