

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



6
10 Washington National Cathedral Worship Service All are Welcome (CR)
11 Chair Exercise (CR)
1 Skip-Bo and Scrabble (L)
2 Movie Matinee: **Grand Torino** (CR)

7
10 Coffee Chats (CN)
10 - 2 pm Arboretum
11 Word Games (CR)
11 Paint by Number (AP)
1 - 3 Batteries R Us (CN)
2 Outing Committee Meeting (CR)
3 Chair Exercise (CR)

8
10 Coffee Chats (CN)
10:30 Fit2BHealthy Exercise (CR)
11 Free Blood Pressure Check (L)
11:30 Trivia Time (CR)
2 Popcorn Tuesday (AP)
3 Bingo \$2 (CR)

9
10 Donuts and Coffee (CN)
10 Shopping Bus - Festival/Dollar Store
11 Who, What & Where (CR)
1 Catholic Communion (L)
2 Chef Demo (AP)
3 Mid-Week Stretch (CR)
6:30 500 Card Game (CR)

10
10 Coffee Chats (CN)
10:30 Fit2BHealthy Exercise (CR)
11:30 Word Games (CR)
2 Documentary - BALI (CR)
3 Card Bingo \$2 (CR)
6:30 Scrabble (L)

11
10 Coffee Chats (CN)
10 Bible Study (L)
11 Fun with Fitness (CR)
1-4 Flu & Covid Shot Clinic(CR)
1:30 Reminisce (L)
2 Activities Committee Meeting (CR)
3 Social (DR)

12
10 Rosary (L)
10 Farkle (AP)
11 Chair Yoga (CR)
1 Skip-Bo (L)
2 Adult Coloring (AP)

13
10 Washington National Cathedral Worship Service All are Welcome (CR)
11 Chair Exercise (CR)
1 Skip-Bo and Scrabble (L)
2 Movie Matinee: **Bridges of Madison County** (CR)

14
10 Coffee Chats (CN)
11 Word Games (CR)
11 Halloween Coloring (AP)
2 Scott Fraser Music w/ Refreshments (DR)
3:30 Chair Exercise (CR)
Columbus Day (US)
Indigenous Peoples' Day
Thanksgiving Day (Canada)

15
8 Podiatrist (Beauty Salon)
10 Coffee Chats (CN)
10:30 Fit2BHealthy Exercise (CR)
11:30 Trivia Time (CR)
1 Creepy Candles Craft (AP)
2 Popcorn Tuesday (AP)
3 Bingo \$2 (CR)

16
10 Donuts and Coffee (CN)
11 Jeopardy (CR)
11 Restaurant Outing - Olive Garden
1 Catholic Communion (L)
2 Shopping Bus - CUB
3 Mid-Week Stretch (CR)
6:30 500 Card Game (CR)
Sukkot Begins

17
10 Coffee Chats (CN)
10:30 Fit2BHealthy Exercise (CR)
1:30 Armchair Travel-Borneo Island w/ refreshments (CR)
3 Card Bingo (CR)
6:30 Scrabble (L)

18
9-2 Massages (Apt. 209)
10 Coffee Chats (CN)
10 - 2 Fall Outing and Lunch
10 Bible Study (L)
11 Fun with Fitness (CR)
1:30 Reminisce (L)
3 Social (CR)
4:30 Rib Night (DR)

19
10 Rosary (L)
10 Farkle (AP)
11 Chair Yoga (CR)
1 Skip-Bo (L)
1:30 BINGO \$2 (CR)

20
10 Washington National Cathedral Worship Service All are Welcome (CR)
11 Chair Exercise (CR)
1 Skip-Bo and Scrabble (L)
2 Movie Matinee: **Souder** (CR)

21
10 Coffee Chats (CN)
11 Word Games (CR)
11 Painting (AP)
1 Biography - Mary Kay (CR)
2 Interim - Understanding Advance Directives (CR)
3 Chair Exercise (CR)
National Sweetest Day

22
10 Coffee Chats (CN)
10:30 Fit2BHealthy Exercise (CR)
11:30 Trivia Time (CR)
1-3 Audiologist (AP)
2 Popcorn Tuesday (AP)
3 Bingo \$2 (CR)

23
10 Donuts and Coffee (CN)
11 Who, What & Where (CR)
12 Men's Group Lunch (DR)
1 Catholic Communion (L)
1 Star of the Month Groucho Marx (CR)
3 Mid-Week Stretch (CR)
6:30 500 Card Game (AP)

24
10 Coffee Chats (CN)
10:30 Fit2BHealthy Exercise (CR)
11:30 Word Games
1 Mel's Tickle Your Mind It's an Adventure (CR)
3 Card Bingo \$2 (CR)
6:30 Scrabble (L)
Simchat Torah Begins

25
10 Coffee Chats (CN)
10 Bible Study (L)
11 Fun with Fitness (CR)
1 Decorative Mini Pumpkin's Craft (AP)
1:30 Reminisce (L)
2 Chef's Corner (DR)
3 Birthday Social (CR)

26
10 Rosary (L)
10 Farkle (AP)
11 Chair Yoga (CR)
1 Skip-Bo (L)
2 Blanket Tying Day (CR)

27
10 Washington National Cathedral Worship Service All are Welcome (CR)
11 Chair Exercise (CR)
1 Skip-Bo and Scrabble (L)
2 Movie Matinee: **Halloween Town** (CR)

28
10 Coffee Chats (CN)
11 Word Games (CR)
12 CATERED LUNCH Rocky Rococo's(AP)
2 Fall Candle Holder Craft (AP)
3 Chair Exercise (CR)

29
10 Coffee Chats (CN)
10:30 Fit2BHealthy Exercise (CR)
11:30 Trivia Time (CR)
1 Life Long Learning - The Mystery of Bats (CR)
2 Popcorn Tuesday (AP)
3 Bingo \$2 (CR)

30
10 Donuts and Coffee (CN)
11 Jeopardy (CR)
1 Catholic Communion (L)
12 Men's Luncheon Private Dining Room
2 Shopping Bus - CUB
3 Mid-Week Stretch (CR)
6:30 500 Card Game (CR)

31
10 Coffee Chats (CN)
10:30 Fit2BHealthy Exercise (CR)
11:30 Jokes and Riddles (CR)
2 Fresh Baked Cookies (AP)
3 Card Bingo \$2 (CR)
6:30 Scrabble (L)
Halloween



Room Key CR=Community Room AP=Activity Parlor L=Library DR= Dining Room CN = Coffee Nook Dining Room Hours- Breakfast 8 - 9:30 Lunch 12 - 1 Dinner 4:30 - 5