

October 2025

Breast Cancer Awareness



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday							
CC - Computer Center 2nd Flr CGR - Card & Game Room LB - Library in Front Lobby LFT - Loft on 2nd Flr FL - Florida Room beside GR GR - Great Room PDR - Private Dining Room WC - Wellness Center - Lower Level												1 Black Dog Day 7:30 am - 10:30 am Continental Breakfast in GR 10:30 am PowerBack Exercise-GR* 11:30 am Mahjong - GR 1:00 pm Mahjong - GR 4:30 pm Choir Practice - GR 6:30 pm Poker Group - CGR Yom Kippur Begins at Sunset		2 World Smile Day 7:30 am - 10:30 am Continental Breakfast in GR (No Freedom Exercise) 1:00 pm Shopping Outing 2:15 pm Hot Rum - GR 6:30 pm Mahjong & Dominoes 6:30 pm Poker Group - CGR Yom Kippur Ends at Nightfall		3 Frugal Fun Day 7:30 am - 10:30 am Continental Breakfast in GR No Tai Chi Today 2:00 pm Movie in GR 3:30 pm Bridge Group - LFT		4 World Animal Day 6:30 pm Rummikub - GR	
5 Get Funky Day 		6 National Noodle Day 7:30 am - 10:30 am Continental Breakfast in GR 10:30 am Freedom Home Care Exercise Class - GR 2:00 pm Movie in GR 6:30 pm Mahjong - GR 6:30 pm Poker Group - CGR Sukkot Begins at Sunset		7 National Forgiveness Day 7:30 am - 10:30 am Continental Breakfast in GR 9:30 am Ask a Nurse! - GR 10:30 am Allied Care Exercise 1:00 pm Shopping Outing 2:00 pm Derby Racing - GR 3:00 pm Hand & Foot - GR 6:30 pm Rummikub - GR		8 National Pierogi Day 7:30 am - 10:30 am Continental Breakfast in GR 10:30 am PowerBack Exercise-GR 11:30 am Mahjong - GR 1:00 pm Mahjong - GR 4:30 pm Choir Practice - GR 6:30 pm Poker Group - CGR		9 Int'l Beer & Pizza Day 7:30 am - 10:30 am Continental Breakfast in GR 10:30 am Freedom Home Care Exercise Class - GR 1:00 pm Shopping Outing 2:15 pm Hot Rum - GR 6:30 pm Mahjong & Dominoes 6:30 pm Poker Group - CGR		10 World Mental Health Day 7:30 am - 10:30 am Continental Breakfast in GR 10:30 am Tai Chi in GR 2:00 pm Movie in GR 3:30 pm Bridge Group - LFT		11 Myths & Legends Day 6:30 pm Rummikub - GR							
12 National Farmer's Day 		13 Silly Sayings Day 7:30 am - 10:30 am Continental Breakfast in GR 10:30 am Freedom Home Care Exercise Class - GR 2:00 pm Movie in GR 6:30 pm Mahjong - GR 6:30 pm Poker Group - CGR Sukkot Ends at Nightfall		14 Top Spinning Day 7:30 am - 10:30 am Continental Breakfast 1:00 pm Shopping Outing 2:00 pm Bingo - GR 3:00 pm Hand & Foot - GR 6:30 pm Rummikub - GR		15 Cheese Curd Day 7:30 am - 10:30 am Continental Breakfast in GR 10:30 am PowerBack Exercise-GR 11:30 am Mahjong - GR 1:00 pm Mahjong - GR 4:30 pm Choir Practice - GR 6:30 pm Poker Group - CGR 7:00 pm Starlight Needlework-GR		16 Dictionary Day 7:30 am - 10:30 am Continental Breakfast in GR 10:30 am Freedom Home Care Exercise Class - GR 1:00 pm Shopping Outing 2:15 pm Hot Rum - GR 6:30 pm Mahjong & Dominoes 6:30 pm Poker Group - CGR		17 Wear Something Gaudy Day 7:30 am - 10:30 am Continental Breakfast in GR 10:30 am Tai Chi in GR 2:00 pm Movie in GR 3:30 pm Bridge Group - LFT		18 Sweetest Day 6:30 pm Rummikub - GR							
19 Breast Cancer Awareness Day 		20 National Day on Writing 7:30 am - 10:30 am Continental Breakfast in GR 10:30 am Freedom Home Care Exercise Class - GR 2:00 pm Movie in GR 6:30 pm Mahjong - GR 6:30 pm Poker Group - CGR		21 National Fossil Day 7:30 am - 10:30 am Continental Breakfast 9:30 am Ask a Nurse! - GR 10:30 am Allied Care Exercise 1:00 pm Shopping Outing 2:00 pm Birthday Party 3:00 pm Hand & Foot - GR 6:30 pm Rummikub - GR		22 Smart is Cool Day 7:30 am - 10:30 am Continental Breakfast in GR 10:30 am PowerBack Exercise-GR 11:30 am Mahjong - GR 1:00 pm Mahjong - GR 4:30 pm Choir Practice - GR 6:30 pm Poker Group - CGR		23 Boston Crème Pie Day 7:30 am - 10:30 am Continental Breakfast in GR 10:30 am Freedom Home Care Exercise Class - GR 1:00 pm Shopping Outing 2:15 pm Hot Rum - GR 6:30 pm Mahjong & Dominoes 6:30 pm Poker Group - CGR		24 United Nations Day 7:30 am - 10:30 am Continental Breakfast in GR 10:00 am Covid Shots w/Osco 2:00 pm Movie in GR 3:30 pm Bridge Group - LFT		25 Make a Difference Day 6:30 pm Rummikub - GR							
26 Howl at the Moon Night 		27 National Civics Day 7:30 am - 10:30 am Continental Breakfast in GR 10:30 am Freedom Home Care Exercise Class - GR 2:00 pm Movie in GR 6:30 pm Mahjong - GR 6:30 pm Poker Group - CGR		28 National Chocolate Day 7:30 am - 10:30 am Continental Breakfast in GR 1:00 pm Shopping Outing 2:00 pm Bingo - GR 3:00 pm Hand & Foot - GR 6:30 pm Rummikub - GR		29 National Cat Day 7:30 am - 10:30 am Continental Breakfast in GR 10:30 am PowerBack Exercise-GR 11:30 am Mahjong - GR 1:00 pm Mahjong - GR 4:30 pm Choir Practice - GR 6:30 pm Poker Group - CGR		30 Mischief Night 7:30 am - 10:30 am Continental Breakfast in GR 10:30 am Freedom Home Care Exercise Class - GR 1:00 pm Shopping Outing 2:15 pm Hot Rum - GR 6:30 pm Mahjong & Dominoes 6:30 pm Poker Group - CGR		31 Halloween 7:30 am - 10:30 am Continental Breakfast in GR 10:30 am Tai Chi in GR 1:00 pm Book Club Mtg - GR No Movie - due to book club 3:30 pm Bridge Group - LFT 6:30 pm Halloween Performance									

* PowerBack Rehab is returning to our community! Melinda Dunn will be hosting a weekly exercise class each Wednesday at 10:30 am!