

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:30am Stretch & Tone(CR) 11:00am Coffee and Chronicles(CR) 1:30pm Praising Harmonica (CR) 4:00pm Movie Matinee(CR)	2 10:30am Chair Zumba(CR) 11:00am Coffee and Chronicles(CR) 2:15pm Music by Billy Ryan (CR) 4:00pm Call the Midwife(CR)	3 10:30am Stretch & Tone(DR) 11:00am Coffee and Chronicles (DR) 1:30pm Bingo (CR)
4 10:30am Stretch & Tone (DR) 11:00am Coffee & Chronicles(DR) 1:30pm Art Hour (CR)	5 10:30am Seated Cardio (CR) 11:00am Coffee and Chronicles(CR) 1:30pm Connecting with Memories by Nancy Buchanan(CR)	6 10:30am Stretch & Tone(CR) 11:00am Coffee and Chronicles (CR) No afternoon activity due to Staff meeting. Look for activity pages in Dining Room.	7 9:30am Communion Service(CR) 10:30am Chair Yoga(CR) 11:00am Coffee and Chronicles (CR) 2:00pm Kitchen Cabinet (CR)	8 10:30am Stretch & Tone(CR) 11:00am Coffee and Chronicles(CR) 1:30pm Bingo on the Rocks(CR) 4:00pm Movie Matinee (CR)	9 National Moldy Cheese 10:30am Chair Zumba(CR) 11:00am Coffee and Chronicles(CR) 1:30pm (CR) Cheese and Wine Tasting (CR) 4:00pm Call the Midwife(CR)	10 10:30am Stretch & Tone(DR) 11:00am Coffee and Chronicles(DR) 1:30pm Bingo(CR)
11 10:30am Stretch & Tone (DR) 11:00am Coffee & Chronicles(DR) 1:30pm Art Hour (CR)	Columbus Day (no mail) 12 10:30am Seated Cardio (CR) 11:00am Coffee and Chronicles(CR) 1:30pm (CR) Fancy Fingers (CR)	13 10:30am Stretch & Tone(CR) 11:00am Coffee and Chronicles (CR) 1:30pm Fall Craft	14 9:30am Communion Service(CR) 10:30am Stretch & Tone(CR) 11:00am Coffee and Chronicles (CR) 2:00pm Harp music by Stacy Logan (IL)	15 10:30am Stretch & Tone(CR) 11:00am Coffee and Chronicles(CR) 1:30pm Music by Steve Ripley (CR) 4:00pm Movie Matinee (CR)	16 10:30am Chair Zumba(CR) 11:00am Coffee and Chronicles(CR) 2:00pm Taste Test the Chili Cook Off (CR) 4:00pm Call the Midwife(CR)	17 10:30am Stretch & Tone(DR) 11:00am Coffee and Chronicles(DR) 1:30pm Bingo(CR)
18 10:30am Stretch & Tone (DR) 11:00am Coffee & Chronicles(DR) 1:30pm Art Hour (CR)	19 10:30am Seated Cardio (CR) 11:00am Coffee and Chronicles(CR) 1:30pm (CR) Cozy Mobile Cart (Room to Room)	20 10:30am Stretch & Tone(CR) 11:00am Coffee and Chronicles (CR) 1:30pm Halloween Paper Pumpkin Craft	21 9:30am Communion Service(CR) 10:30am Chair Tai Chi(CR) 11:00am Coffee and Chronicles (CR) 2:00pm Culinary Showcase (CR)	22 10:30am Stretch & Tone(CR) 11:00am Coffee and Chronicles(CR) 1:30pm Bingo on the Rocks(CR) 4:00pm Movie Matinee (CR)	23 10:30am Chair Zumba(CR) 11:00am Coffee and Chronicles(CR) 1:30pm Fancy Fingers(CR) 4:00pm Call the Midwife(CR)	24 10:30am Stretch & Tone(DR) 11:00am Coffee and Chronicles(DR) 1:30pm Bingo(CR)
25 10:30am Stretch & Tone (DR) 11:00am Coffee & Chronicles(DR) 1:30pm Art Hour (CR)	26 10:30am Seated Cardio(CR) 11:00am Coffee and Chronicles(CR) 2:00pm October Birthday & New Resident Welcome	27 10:30am Stretch & Tone (CR) 11:00am Coffee and Chronicles (CR) 1:30pm Pumpkin Decorating (CR)	28 9:30am Communion Service(CR) 10:30am Stretch & Tone(CR) 11:00am Coffee and Chronicles (CR) 1:30pm Resident Council (CR)	29 10:30am Stretch & Tone(CR) 11:00am Coffee and Chronicles(CR) 1:30pm Set up Halloween Buckets for Trick or Treat (CR) 6:00pm-8:pm Trick or Treat (PTR)	30 10:30am Chair Zumba(CR) 11:00am Coffee and Chronicles(CR) 2:00pm Hocus Pocus (CR) 4:00pm Call the Midwife(CR)	31 10:30am Stretch & Tone(DR) 11:00am Coffee and Chronicles(DR) 1:30pm Bingo