

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 9:00 Walking Club (AT) 3:00 Let's Play Yahtzee (AR) 6:00 Rummikub RL (B)	31 10:00 Sit and be Fit (AR) 1:00 Men's Coffee & Cards Social (AR) 2:00 Happy Hour RL (B) 3:00 Movie: The Spiral Staircase (YouTube) (CR) 6:30 Resident Led Bingo (AR)					1 9:00 Walking Club (AT) 10:00 Non-Denominational Church Service (CR) 3:00 Card Club (AR)
2 9:00 Walking Club (AT) 3:00 Let's Play UNO (AR) 6:00 Rummikub RL (B)	3 10:00 Sit and be Fit (AR) 1:00 Ladies Coffee & Tea Social (AR) 2:00 Happy Hour RL (B) 3:00 Movie: Shirley Temple in Captain January (YouTibe) (CR) 6:30 Resident Led Bingo (AR)	4 10:00 Cardio Drumming (AR) 1:00 Fall Screening with Ramsey PT (AT) 2:00 Music & Manicures (AR) 3:00 Bean Bag Baseball (AT)	5 9:00 Walmart Outing (CO) 10:00 Chair Yoga (AR) 10:30 Hy-Vee Aisles Online (AT) 2:30 Bible Study (AT) 4:00 Catholic Service (CR) 6:30 Resident Led Bingo (AR)	6 Lynda's Birthday! National Rootbeer Float Day 10:00 Sit & Be Fit (AR) 1:00 Cedar Vally Mobility Presentation (AR) 2:00 Karaoke (DR) 3:00 Rootbeer Floats & Backyard BBQ (BP)	7 10:00 Balloon Volleyball (AT) 11:00 Bingo!! (AR) 2:00 County Fair Happy Hour (B) 3:00 Movie: Holiday for Lovers (YouTube) (CR) 6:30 Resident Led Bingo (AR)	8 9:00 Walking Club (AT) 3:00 Card Club (B) 4:00 Word Search Station (AR)
9 9:00 Walking Club (AT) 3:00 Let's Play Yahtzee 9AR) 6:00 Rummikub RL (B)	10 10:00 Sit and be Fit (AR) 1:00 Men's Coffee & Cards Social (AR) 2:00 Happy Hour RL (B) 3:00 Movie: Dreamboat (YouTube) (CR) 6:30 Resident Led Bingo (AR)	11 10:00 Cardio Drumming (AR) 10:30 Resident Forum (B) 2:00 Birthday Party with Live Music with Rick Ludwig (DR) 3:00 Bean Bag Baseball (AT)	12 9:00 Walmart Outing (CO) 10:00 Chair Yoga (AR) 10:30 Hy-Vee Aisles Online (AT) 11:00 Lunch Bunch (CO) 2:30 Bible Study (AR) 4:00 Catholic Service (CR) 6:30 Resident Led Bingo (AR)	13 10:30 Chair Yoga (AR) 2:00 Popcorn & Converstation (AT) 3:00 Let's Play Uno (AR)	14 10:00 Balloon Volleyball (AT) 11:00 BINGO! (AR) 2:00 Amazing Race Check In Happy Hour (B) 3:00 Movie: How Green Was My Valley (YouTube) (CR) 3:00 Resident Led Bingo (CR)	15 9:00 Walking Club (AT) 3:00 Card Club (B) 4:00 Gratitude Journaling (AR)
16 9:00 Walking Club (AT) 3:00 Let's Play UNO (AR) 6:00 Rummikub RL (B)	17 Amazing Race: Europe!! 10:00 Airport Exercise (AR) 2:00 Italy: Pasta Relay (B) 3:00 France: Costume Treasure Hunt (AT)	18 Amazing Race: Caribbean!! 10:00 Tropical Tone Up (AR) 2:00 Bahamas: Buried Treasure Puzzle Hunt (BP) 3:00 Jamacia: Butterfly Catching (AT)	19 Elaine's Birthday! Amazing Race: Asia!! 9:30 Tai Chi (AR) 10:00 Outing: Chinese Garden (CO) 3:00 Cooking Demo: Sushi Rolling (DR)	20 Pam's Birthday! Amazing Race: Oceania!! 10:00 Outback Exercise (AR) 2:00 Australia: Kangaroo Quest (AT) 3:00 New Zealand: Sheep Round Up (AT)	21 Mark's Birthday! Amazing Race: Award Ceremony!! 10:00 Airport Exercise (AR) 2:00 - 4:00 Award Ceremoney & Happy Hour (B)	22 9:00 Walking Club (AT) 3:00 Card Club (B) 4:00 Coloring Pages (AR)
23 9:00 Walking Club (AT) 3:00 Let's Play Yahtzee (AR) 6:00 Rummikub RL (B)	24 10:00 Sit and be Fit (AR) 1:00 Ladies Coffee & Tea Social (AR) 2:00 Happy Hour RL (B) 3:00 Movie: Belles On Their Toes (YouTube) (CR) 6:30 Resident Led Bingo (AR)	25 Carrie Eloise's Birthday! 10:00 Cardio Drumming (AR) 2:00 Minute to Win It Games (AR) 3:00 Bean Bag Baseball (AT)	26 Kevin's Birthday 9:00 Walmart Outing (CO) 10:00 Chair Yoga (AR) 10:30 Hy-Vee Aisles Online (AT) 2:30 Bible Study (AR) 4:00 Catholic Service (CR) 6:30 Resident Led Bingo (AR)	27 10:00 Sit & Be Fit (AR) 2:00 Karaoke (AT) 3:00 Drawing Lessons (AR)	28 10:00 Balloon Volleyball (AT) 10:30 Culinary Forum (B) 11:00 BINGO! (AR) 2:00 Under Construction Happy Hour (B) 3:00 Movie: Laura (YouTube) (CR) 6:30 Resident Led Bingo (CR)	29 9:00 Walking Club (AT) 3:00 Card Club (B) 4:00 Cross Word Station (AR)