

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>10:45 Chair Exercise 1:00 UNO 2:00 Online Church Service 3:00 Mindful Meditation</p>	<p>2</p> <p>10:45 Chair Exercise 1:00 Manicures 2:00 Live Entertainment with Bill Lawyer 6:15 Movie: 23 Blast</p>	<p>3</p> <p>10:45 Chair Yoga 1:00 Craft-cardboard vases 2:00 9 Word Game 3:00 Walking Club 6:00 Music Night with Carol</p>	<p>4</p> <p>10:45 Cardio Drumming 1:30 Live Entertainment with Paul Headly 3:00 UNO Attack 6:15 Movie Night with Bev</p>	<p>5</p> <p>NFL Kickoff Day</p> <p>10:45 Chair Exercise 1:30 Bingo 3:00 Apple Tasting 3:30 NFL Kickoff 4:00 Set up dinner table</p>	<p>6</p> <p>10:45 Chair Exercise 1:30 Book Club 3:00 Happy Hour 6:00 Movie Night with popcorn</p>	<p>7</p> <p>Sherrie N B-Day</p> <p>11:00 Monarch Magic 1:00 UNO 2:30 Walking Club 4:00 Set up dinner table</p>
<p>8</p> <p>10:45 Chair Exercise 1:00 UNO 2:00 Online Church Service 3:00 Mindful Meditation</p>	<p>9</p> <p>Grandparent's Day</p> <p>10:45 Chair Exercise 1:00 Manicures 2:00 Live Entertainment with 6:15 Movie: Tyson's Run</p>	<p>10</p> <p>10:45 Chair Yoga 1:00 Craft- Fall Tree 2:00 Volleyball 3:00 Walking Club 6:00 Music Night with Carol</p>	<p>11</p> <p>Carma B B-Day</p> <p>10:45 Cardio Drumming 1:30 Live Entertainment with Paul Headly 3:00 UNO Attack 6:15 Movie Night with Bev</p>	<p>12</p> <p>Chocolate Milkshake Day</p> <p>10:45 Chair Exercise 1:30 Bingo 3:00 Chocolate Milkshake 4:00 Set up dinner table</p>	<p>13</p> <p>10:45 Chair Exercise 1:30 Book Club 3:00 Happy Hour 4:00 Sorry Board Game</p>	<p>14</p> <p>10:45 Chair Exercise 1:00 Word Search 2:30 Walking Club 4:00 Set up dinner table</p>
<p>15</p> <p>10:45 Chair Exercise 1:00 UNO 2:00 Online Church Service 3:00 Mindful Meditation</p>	<p>16</p> <p>Guacamole Day</p> <p>10:45 Chair Exercise 1:00 Make Guacamole 1:30 Live Entertainment with Neil Hewitt 6:15 Movie Family Switch</p>	<p>17</p> <p>10:45 Chair Yoga 1:00 Craft-candy corn painting 2:00 Sip and Paint 3:00 Walking Club 6:00 Music Night with Carol</p>	<p>18</p> <p>10:45 Cardio Drumming 1:30 Live Entertainment with 3:00 UNO Attack 6:15 Movie Night with Bev</p>	<p>19</p> <p>10:45 Chair Exercise 1:30 Bingo 3:00 Putt Putt Golf Games 4:00 Set up dinner table</p>	<p>20</p> <p>10:45 Chair Exercise 1:30 Book Club 3:00 Happy Hour 4:00 Monopoly</p>	<p>21</p> <p>10:45 Chair Exercise 1:00 Crossword Search 2:30 Walking Club 4:00 Set up dinner table</p>
<p>22</p> <p>Rod B B-Day</p> <p>10:45 Chair Exercise 1:00 UNO 2:00 Online Church Service 3:00 Mindful Meditation</p>	<p>23</p> <p>Bi-Annual Event</p> <p>11:00 Speaker: Railroad Expert 1:00 Music & Manicures 2:00 Live Entertainment with Tom Hofer 6:15: Movie: A Beautiful Life</p>	<p>24</p> <p>Bi-Annual Event</p> <p>10:45 Chair Yoga 1:00 Craft: Create Your Own Bell Tower 3:00 Scavenger Hunt! (Start in Main Lobby) 6:00 Music Night with Carol</p>	<p>25</p> <p>Bi-Annual Event</p> <p>11:00 Walk in the Courtyard 1:30 Entertainment with Phil Hague 2:30 Visit Reiman Gardens 6:15 Movie Night with Bev: Heaven is For Real</p>	<p>26</p> <p>Bi-Annual Event</p> <p>9:30 News Report: This Day in History 1:30 Ames themed BINGO 2:00 Visiting Old Town Ames and the Cy Statues Around Town!</p>	<p>27</p> <p>Bi-Annual Event</p> <p>11:00 Iowa State University History Exhibit 3:00 ISU Themed Happy Hour 7:00 Homecoming Dance! Welcome Back to Historic Iowa State University</p>	<p>28</p> <p>10:45 Chair Exercise 1:00 UNO 2:30 Walking Club 4:00 Set up dinner table</p>
<p>29</p> <p>10:45 Chair Exercise 1:00 UNO 2:00 Online Church Service 3:00 Mindful Meditation</p>	<p>30</p> <p>10:45 Chair Exercise 1:00 Manicures 2:00 Live Entertainment with 6:15 Movie: Night Chupa</p>	<p>31</p> <p>10:45 Chair Yoga 1:00 Craft-pumpkin painting 2:00 9 Word Game 3:00 Walking Club 6:00 Music Night with Carol</p>				

Calendar Key:
 AR – Activities Room
 CYH – CyHawk Room
 CH/TV – Chapel/TV Room

CY – Courtyard
 1F-F – 1st Floor Fireplace
 2F-F – 2nd Floor Fireplace
 DR – Dining Room

PDR– Private Dining Room
 PO - Patio
 LIB – Library
 CO – Community Outing

2F - 2nd Floor Area
 * - Sign Up for Activity!!

Please Note: Calendars are made far in advance and changes may be made throughout the course of the month. Check the daily notices posted & weekly calendars will also be distributed.