

October 2018  
The Bridges

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Stonecrest of Troy The Bridges Activity Calendar</b>	9:30 Exercise in the Fitness Center [FC] <b>1</b> 10:15 Cranium Crunches 11:00 Fast Feet Walking Club 1:30 Aromatherapy in the Sunroom 2:00 On This Day... 2:30 <b>Sundaes on a Monday, Cider and Donuts! [TB]</b> 3:30 Relax and Color	10:00 <b>MJR Movie Outing [O]</b> <b>2</b> 2:00 Pictionary 2:30 Art Club: Weaving and Sewing 3:30 Balloon Badminton 6:30 Therapy Dog Visit	9:30 Chair Yoga <b>3</b> 10:15 Bingo! 11:00 Fast Feet Walking Club 2:00 Stonecrest Strikers Bowling 2:30 Bible Study 3:30 Wonder Wednesday: Pressed Leaves 4:30 Sing-a-Longs 6:00 Relax and Rejuvenate [S]	10:30 <b>Biggby Coffee Outing [O]</b> <b>4</b> 1:30 Aromatherapy in the Sunroom 2:00 Cooking Creations 3:00 Minute Manicures 4:00 Afternoon Tea	<b>Oktoberfest Theme Dinner</b> <b>5</b> 9:45 Get Fit: Upper Body Workout 10:30 Rosary with Guardian Angels [AR] 11:00 Fast Feet Walking Club 2:00 Art Club: Fall Wreaths 3:30 <b>Happy Hour with Music by the Gene-n-Tonics [B]</b> 5:00 <b>Oktoberfest Theme Dinner!</b>	9:15 Chair Boxing <b>6</b> 10:00 Sentimental Sing-a-Longs 11:30 Fast Feet Walking Club 1:30 Aromatherapy and Sensory Bins [S] 2:30 Matinee Movie 4:00 Jigsaw Puzzles
7:30 Joel Osteen Weekly Sermon WDIV @ 7:30 am <b>7</b> 9:15 Mindful Movements 10:30 Church Service [TB] 2:00 Therapy Dog Visit 3:00 Bingo! 7:00 Coloring Creations	<b>Columbus Day</b> <b>8</b> 9:30 Exercise in the Fitness Center [FC] 10:15 Ships in a Bottle Discussion 11:00 Fast Feet Walking Club 1:30 Aromatherapy in the Sunroom 2:00 <b>Street Smarts Group Gather with the Troy Historic Society [B]</b> 2:30 <b>Sundaes on a Monday, Cider and Donuts! [TB]</b> 3:30 Relax and Color	9:00 <b>Morley Chocolate Factory Tour [O]</b> <b>9</b> 2:00 Pictionary 2:30 Art Club: Goulish Gourds 3:30 Can You Build It? 6:30 Therapy Dog Visit	9:30 Chair Yoga <b>10</b> 10:15 Bingo! 11:00 Fast Feet Walking Club 2:00 Stonecrest Strikers Bowling 2:30 Bible Study 3:30 Wonder Wednesday: Cider Tasting 4:30 Sing-a-Longs 6:00 Relax and Rejuvenate [S]	<b>Painting with Stonecrest Twist Family Night 6:00-7:30 pm</b> <b>11</b> 9:30 Balloon Volleyball 10:15 Group Spider Web 11:00 Whiteboard Trivia 1:30 Aromatherapy in the Sunroom 2:00 Cooking Creations 3:00 Minute Manicures 4:00 Afternoon Tea	9:45 Get Fit: Upper Body Workout <b>12</b> 10:30 Drama Club 11:00 Fast Feet Walking Club 2:00 Art Club: Pumpkin Painting 3:30 <b>Happy Hour with Music by Kerry</b>	9:15 Chair Boxing <b>13</b> 10:00 Sentimental Sing-a-Longs 11:30 Fast Feet Walking Club 1:30 Aromatherapy and Sensory Bins [S] 2:30 Matinee Movie 4:00 Jigsaw Puzzles
7:30 Joel Osteen Weekly Sermon WDIV @ 7:30 am <b>14</b> 9:15 Mindful Movements 10:30 Church Service [TB] 2:00 Therapy Dog Visit 3:00 Bingo! 7:00 Coloring Creations	9:30 Exercise in the Fitness Center [FC] <b>15</b> 10:15 Cranium Crunches 11:00 Fast Feet Walking Club 1:30 Aromatherapy in the Sunroom 2:00 On This Day... 2:30 <b>Sundaes on a Monday, Cider and Donuts! [TB]</b> 3:30 Relax and Color	<b>Happy Birthday Elaine K!</b> <b>16</b> <b>National Bosses Day</b> 10:00 <b>Ping Pong at the Troy Community Center [O]</b> 2:00 Pictionary 2:30 Art Club: Spider Webs 3:30 Can You Build It? 6:30 Therapy Dog Visit	<b>Caregivers Cafe: Support Group 5:30-6:30 pm</b> <b>17</b> 9:30 Chair Yoga 10:15 Bingo! 11:00 Fast Feet Walking Club 2:00 Stonecrest Strikers Bowling 2:30 Bible Study 3:30 Wonder Wednesday: Leaf Paper Chain 4:30 Sing-a-Longs 6:00 Relax and Rejuvenate [S]	9:30 Balloon Volleyball <b>18</b> 10:15 Group Spider Web 11:00 <b>Out for Lunch [O]</b> 1:30 Aromatherapy in the Sunroom 2:00 Matinee Movie: Hocus Pocus [FT] 4:00 Afternoon Tea	9:45 Get Fit: Upper Body Workout <b>19</b> 10:30 Rosary with Guardian Angels [AR] 11:00 Fast Feet Walking Club 2:00 Art Club: Pumpkin Patch Watercolor 3:30 <b>Casino Happy Hour with Music by Sheryl</b>	9:15 Chair Boxing <b>20</b> 10:00 Sentimental Sing-a-Longs 11:30 Fast Feet Walking Club 1:30 Aromatherapy and Sensory Bins [S] 2:30 Matinee Movie 4:00 Jigsaw Puzzles
7:30 Joel Osteen Weekly Sermon WDIV @ 7:30 am <b>21</b> 9:15 Mindful Movements 10:30 Church Service [TB] 2:00 Therapy Dog Visit 3:00 Bingo! 7:00 Coloring Creations	9:30 Exercise in the Fitness Center [FC] <b>22</b> 10:15 Cranium Crunches 11:00 Fast Feet Walking Club 1:30 Aromatherapy in the Sunroom 2:00 On This Day... 2:30 <b>Sundaes on a Monday, Cider and Donuts! [TB]</b> 3:30 Relax and Color	<b>Howl-o-Ween at Daisy Knight Dog Park 6:00-7:30 pm</b> <b>23</b> 10:00 <b>Rochester Cider Mill [O]</b> 2:00 Pictionary 2:30 Art Club: Aquapaints 3:30 Can You Build It? 6:30 Therapy Dog Visit	<b>United Nations Day</b> <b>24</b> 9:30 Chair Yoga 10:15 Bingo! 11:00 Fast Feet Walking Club 2:00 Stonecrest Strikers Bowling 2:30 Bible Study 3:30 Wonder Wednesday: Spooky Cookies 4:30 Sing-a-Longs 6:00 Relax and Rejuvenate [S]	9:30 Balloon Volleyball <b>25</b> 10:15 Group Spider Web 11:00 Whiteboard Trivia 1:30 Aromatherapy in the Sunroom 2:00 Veterans Club: Care Packages and Letters 3:00 Minute Manicures 4:00 Afternoon Tea	9:45 Get Fit: Upper Body Workout <b>26</b> 10:30 Communion Service [AR] 11:00 Fast Feet Walking Club 2:00 Art Club: Sock Black Cat 3:30 <b>Birthday Bash Happy Hour with Music by the Gene-n-Tonics [B]</b>	<b>Halloween Pup Party 2:00-3:00 pm</b> <b>27</b> 9:15 Chair Boxing 10:00 Sentimental Sing-a-Longs 11:30 Fast Feet Walking Club 2:30 Matinee Movie 4:00 Jigsaw Puzzles
<b>Trick-or-Treating 2:00-3:00 pm</b> <b>28</b> 7:30 Joel Osteen Weekly Sermon WDIV @ 7:30 am 9:15 Mindful Movements 10:30 Church Service [TB] 2:00 Therapy Dog Visit 3:00 Bingo! 7:00 Coloring Creations	<b>Happy Birthday Joe H!</b> <b>29</b> 9:30 Exercise in the Fitness Center [FC] 10:30 <b>Music by Dr. Butler</b> 1:30 Aromatherapy in the Sunroom 2:00 On This Day... 2:30 <b>Sundaes on a Monday, Cider and Donuts! [TB]</b> 3:00 <b>Brain Power Presentation by Kathy Housey [B]</b> 3:30 Relax and Color	10:00 <b>Visit to Terror on Tillson Street, Romeo [O]</b> <b>30</b> 2:00 Pictionary 2:30 Art Club: Oreo Spider Cookies 3:30 Can You Build It? 6:30 Therapy Dog Visit	<b>Halloween</b> <b>31</b> 9:30 Chair Yoga 10:15 <b>Spooky Therapy Dog Visit</b> 11:00 Fast Feet Walking Club 2:30 Bible Study 3:30 <b>Halloween Costume Party &amp; Contest [B]</b> 6:00 Relax and Rejuvenate [S]	<b>Location Keys</b> Bistro B Fitness Center FC Fox Theatre FT LegacyActivityRoom AR Outing O Sunroom S The Bridges TB		October is Breast Cancer Awareness Month!  "You may have a fresh start any moment you choose, for this thing that we call "failure" is not the falling down, but the staying down." — Mary Pickford