

# October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>October cont'd</b> <b>31</b> <b>Halloween</b> 9:30 PE Morning Stroll 10:00 PE <b>Chair Exercise</b> 10:30 PE Bean Bag Toss 1:30 SS Communion Service 2:00 LL Pokeno 3:00 PE Chair Yoga 3:30 LL Poker Club 5:30 LL Classic Movie "Children of the Corn"	 <b>31</b>	<b>AE</b> Artistic Expression <b>CC</b> Community Connections <b>CE</b> Continuing Education <b>LL</b> Lifestyle & Leisure <b>PE</b> Physical Engagement <b>SS</b> Spiritual Support			9:30 PE Leisurely Walk 10:00 PE <b>Chair Exercise</b> 10:30 CC Coffee Klatch 1:00 CE Travel Video "Philippines" 2:00 LL Happy Hour w/Trumpet & Vocalist Nat B. 3:00 PE Weight and Stretch 3:30 LL Poker Club 5:30 LL Movie Time "Halloween Kills"	9:30 PE Morning Stroll 10:00 PE Morning Workout 10:30 AE Canvas Painting "Fall Leaf" 1:00 CE Documentary Video 2:00 LL Nickel Bingo 3:00 PE Chair Tai Chi 3:30 CE Scrabble 5:00 LL Mexican Train
9:30 PE Morning Stroll 10:00 PE <b>Chair Exercise</b> 10:30 PE Bean Bag Toss 1:30 SS Communion Service 2:00 LL Pokeno 3:00 PE Chair Yoga 3:30 LL Poker Club 5:30 LL Classic Movie "Frankenstein"	<b>3</b> 9:30 PE Leisurely Walk 10:00 PE Get Fit 10:30 AE Arts and Crafts "DIY Halloween Charms" 1:00 CE Travel Video "Amsterdam" 2:00 LL Nickel Bingo 3:00 PE Weight and Stretch 3:30 CC Card Game of Your Choice 5:30 LL Movie Time "Jaws"	<b>4</b> 9:30 PE Morning Stroll 10:00 PE <b>Chair Exercise</b> 10:30 CC Dog Therapy Visit 10:30 CC Monthly Calendar Chat 1:00 CE Book Mobile 1:00 CE Documentary Video 2:00 LL Pokeno 3:00 PE Chair Tai Chi 3:30 LL Root Beer Float Social 5:00 LL Mexican Train	<b>5</b> 9:30 PE Morning Stroll 10:00 PE <b>Chair Exercise</b> 10:30 SS Going to Church 10:30 LL Spa Day 1:00 CE Travel Video "14 days in Japan" 2:00 LL 70's Sing-along 3:00 PE Weight and Stretch 3:30 LL Poker Club 5:30 LL Movie Time "Childs Play"	<b>6</b> 9:30 PE Morning Stroll 10:00 PE Morning Workout 10:30 LL Putt - Thru Croquet 1:00 CE Documentary Video 2:00 LL Nickel Bingo 3:00 PE Chair Yoga 3:30 CE Treats and Trivia 5:00 LL Mexican Train	<b>7</b> 9:30 PE Leisurely Walk 10:00 PE <b>Chair Exercise</b> 10:30 CC Coffee Klatch 1:00 CE Travel Video "Korea" 2:00 LL Happy Hour w/Violinist Antonio M. 3:00 PE Weight and Stretch 3:30 LL Poker Club 5:30 LL Movie Time "Phsyco"	<b>8</b> 9:30 PE Morning Stroll 10:00 PE Morning Workout 10:30 AE DIY "Button Pumpkin" 1:00 CE TED Talk 2:00 LL Nickel Bingo 3:00 PE Chair Tai Chi 3:30 CE Scrabble 5:00 LL Mexican Train
9:30 PE Morning Stroll 10:00 PE <b>Chair Exercise</b> 10:30 PE Bean Bag Toss 1:30 SS Communion Service 2:00 LL Pokeno 3:00 PE Chair Yoga 3:30 LL Poker Club 5:30 LL Classic Movie "Anaconda"	<b>10</b> <b>Columbus Day</b> 9:30 PE Leisurely Walk 10:00 PE Get Fit 10:30 AE Arts and Crafts "Halloween Picture Frame Magnet" 1:00 CE Travel Video "I Love Italy" 2:00 LL Nickel Bingo 3:00 PE Weight and Stretch 3:30 CC Card Game of Your Choice 5:30 LL Movie Time "The Conjuring"	<b>11</b> 9:30 PE Morning Stroll 10:00 PE <b>Chair Exercise</b> 10:30 CC Dog Therapy Visit 10:30 CC Resident Council Meeting 1:00 CE TED Talk 2:00 LL Pokeno 3:00 PE Chair Tai Chi 3:30 CC Ice Cream Social "Banana Split" 5:00 LL Mexican Train	<b>12</b> 9:30 PE Leisurely Walk 10:00 PE Get Fit 10:30 SS Going to Church 10:30 LL Spa Day 11:30 CC Oktoberfest Lunch Celebration 1:00 CE Travel Video "Germany" 2:00 LL Ramblin' Rose Sing-along 3:00 PE Weight and Stretch 3:30 LL Poker Club 5:30 LL Movie Time "Seed of Chucky"	<b>13</b> 9:30 PE Morning Stroll 10:00 PE Morning Workout 10:30 PE Bean Bag Toss 1:00 CE TED Talk 2:00 LL Nickel Bingo 3:00 PE Chair Yoga 3:30 CE Treats and Trivia 5:00 LL Mexican Train	<b>14</b> 9:30 PE Leisurely Walk 10:00 PE <b>Chair Exercise</b> 10:30 CC Coffee Klatch 1:00 CE Travel Video "The Amazon" 2:00 LL Happy Hour w/Guitarist & Vocalist David F. 3:00 PE Weight and Stretch 3:30 LL Poker Club 5:30 LL Movie Time "Scooby Doo"	<b>15</b> 9:30 PE Morning Stroll 10:00 PE Morning Workout 10:30 AE Wood Pumpkin Painting 1:00 CE Documentary Video 2:00 LL Nickel Bingo 3:00 PE Chair Tai Chi 3:30 CE Scrabble 5:00 LL Mexican Train
9:30 PE Morning Stroll 10:00 PE <b>Chair Exercise</b> 10:30 PE Bean Bag Toss 1:30 SS Communion Service 2:00 LL Pokeno 3:00 PE Chair Yoga 3:30 LL Poker Club 5:30 LL Classic Movie "Carrie"	<b>17</b> 9:30 PE Leisurely Walk 10:00 PE Get Fit 10:30 AE Arts and Crafts "Ghost Door Hanger" 1:00 CE Travel Video "Amazing Beaches in the World" 2:00 LL Nickel Bingo 3:00 PE Weight and Stretch 3:30 CC Card Game of Your Choice 5:30 LL Movie Time "The Conjuring 2"	<b>18</b> 9:30 PE Morning Stroll 10:00 PE <b>Chair Exercise</b> 10:30 CC Dog Therapy Visit 10:30 CC Town Hall Meeting 1:00 CE Documentary Video 2:00 LL Pokeno 3:00 PE Chair Tai Chi 3:30 LL Italian Soda Social 5:00 LL Mexican Train	<b>19</b> 9:30 PE Leisurely Walk 10:00 PE Get Fit 10:30 SS Going to Church 10:30 LL Spa Day 1:00 CE Travel Video "Prague" 2:00 LL 60's Favorites Sing-along 3:00 PE Weight and Stretch 3:30 LL Poker Club 5:30 LL Movie Time "Curse of Chucky"	<b>20</b> 9:30 PE Morning Stroll 10:00 PE Morning Workout 10:30 LL Putt - Thru Croquet 1:00 CE Documentary Video 2:00 LL Nickel Bingo 3:00 PE Chair Yoga 3:30 CE Treats and Trivia 5:00 LL Mexican Train	<b>21</b> 9:30 PE Leisurely Walk 10:00 PE <b>Chair Exercise</b> 10:30 CC Coffee Klatch 1:00 CE Travel Video "15 places to visit in Asia" 2:00 LL Happy Hour w/Pianist Derrell B. 3:00 PE Weight and Stretch 3:30 LL Poker Club 5:30 LL Movie Time "Scream"	<b>22</b> 9:30 PE Morning Stroll 10:00 PE Morning Workout 10:30 AE Pumpkin Carving 1:00 CE TED Talk 2:00 LL Nickel Bingo 3:00 PE Chair Tai Chi 3:30 CE Scrabble 5:00 LL Mexican Train
9:30 PE Morning Stroll 10:00 PE <b>Chair Exercise</b> 10:30 PE Bean Bag Toss 1:30 SS Communion Service 2:00 LL Pokeno 3:00 PE Chair Yoga 3:30 LL Poker Club 5:30 LL Classic Movie "Hellboy"	<b>24</b> 9:30 PE Leisurely Walk 10:00 PE Get Fit 10:30 AE Arts and Crafts "Color Your Own Halloween Bag" 1:00 CE Travel Video 2:00 LL Nickel Bingo 3:00 PE Weight and Stretch 3:30 CC Card Game of Your Choice 5:30 LL Movie Time "Exorcist"	<b>25</b> 9:30 PE Morning Stroll 10:00 PE <b>Chair Exercise</b> 10:30 PE Bean Bag Toss 10:30 CC Dog Therapy Visit 10:30 LL Putt - Thru Croquet 1:00 CE Health Talk 2:00 LL Pokeno 3:00 PE Chair Tai Chi 3:30 LL A Taste of Fall Social 5:00 LL Mexican Train	<b>26</b> 9:30 PE Leisurely Walk 10:00 PE Get Fit 10:30 SS Going to Church 10:30 LL Spa Day 1:00 CE Travel Video "Inside Dubai" 2:00 LL Praise & Joy Sing-along 3:00 CC Menu Chat 3:30 LL Poker Club 5:30 LL Movie Time "Cult of Chucky"	<b>27</b> 9:30 PE Morning Stroll 10:00 PE Morning Workout 10:30 PE Bean Bag Toss 1:00 CE TED Talk 2:00 LL Nickel Bingo 3:00 PE Chair Yoga 3:30 CE Food Tasting w/Chef Jen 5:00 LL Mexican Train	<b>28</b> 9:30 PE Leisurely Walk 10:00 PE <b>Chair Exercise</b> 10:30 CC Coffee Klatch 1:00 CE Travel Video "Living in Brazil" 2:00 LL Halloween Celebration w/ Alfred's Music & Staff Halloween Costume Show 3:00 PE Weight and Stretch 3:30 LL Poker Club 5:30 LL Movie Time "Hocus Focus"	<b>29</b> 9:30 PE Morning Stroll 10:00 PE Morning Workout 10:30 AE Foil Fall Canvas Art 1:00 CE Documentary Video 2:00 LL Nickel Bingo 3:00 PE Chair Tai Chi 3:30 CE Scrabble 5:00 LL Mexican Train
<b>30</b> 9:30 PE Morning Stroll 10:00 PE Morning Workout 10:30 AE Foil Fall Canvas Art 1:00 CE Documentary Video 2:00 LL Nickel Bingo 3:00 PE Chair Tai Chi 3:30 CE Scrabble 5:00 LL Mexican Train	<b>31</b> 9:30 PE Morning Stroll 10:00 PE Morning Workout 10:30 AE Foil Fall Canvas Art 1:00 CE Documentary Video 2:00 LL Nickel Bingo 3:00 PE Chair Tai Chi 3:30 CE Scrabble 5:00 LL Mexican Train	<b>32</b> 9:30 PE Morning Stroll 10:00 PE Morning Workout 10:30 AE Foil Fall Canvas Art 1:00 CE Documentary Video 2:00 LL Nickel Bingo 3:00 PE Chair Tai Chi 3:30 CE Scrabble 5:00 LL Mexican Train	<b>33</b> 9:30 PE Morning Stroll 10:00 PE Morning Workout 10:30 AE Foil Fall Canvas Art 1:00 CE Documentary Video 2:00 LL Nickel Bingo 3:00 PE Chair Tai Chi 3:30 CE Scrabble 5:00 LL Mexican Train	<b>34</b> 9:30 PE Morning Stroll 10:00 PE Morning Workout 10:30 AE Foil Fall Canvas Art 1:00 CE Documentary Video 2:00 LL Nickel Bingo 3:00 PE Chair Tai Chi 3:30 CE Scrabble 5:00 LL Mexican Train	<b>35</b> 9:30 PE Morning Stroll 10:00 PE Morning Workout 10:30 AE Foil Fall Canvas Art 1:00 CE Documentary Video 2:00 LL Nickel Bingo 3:00 PE Chair Tai Chi 3:30 CE Scrabble 5:00 LL Mexican Train	<b>36</b> 9:30 PE Morning Stroll 10:00 PE Morning Workout 10:30 AE Foil Fall Canvas Art 1:00 CE Documentary Video 2:00 LL Nickel Bingo 3:00 PE Chair Tai Chi 3:30 CE Scrabble 5:00 LL Mexican Train

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