


# October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activities Subject to change</p> 					Int'l Coffee Day 1 <b>10:00 Sixel's Senior Fit</b> <b>10:30 Drink/Walk</b> <b>10:45 Rosary w/ Sharon or Sing w/ Alexa</b> <b>Lunch Bingo</b> <b>1:30 Bunco</b> <b>2:45 Coffee Tasting</b> <b>3:00 Walk About</b> <b>3:30 Sing Along DVD</b> <b>6:30 Music/ TV</b>	2 <b>10:00 Exercise DVD</b> <b>10:30 Beverage Car</b> <b>10:45 Walk</b> <b>11:00 Balloon Toss</b> <b>Lunch Bingo</b> <b>1:30 Matinee/ popcorn</b> <b>5:00 Lawrence Welk</b> <b>6:30 TV/ Leisure Activity</b>
3	4	5	6	Flu Shot Clinic 7	World Egg Day 8	9
<b>9:10 S.M. Prayer/ Communion</b> <b>Grace Lutheran Service</b> <b>Catholic Mass on Ch.42</b> <b>10:-00 Bev. Break/Alexa</b> <b>1:00 Walk About/Wii</b> <b>2:00 Beverage Cart</b> <b>2:15 BINGO</b> <b>3:15 Beverages</b> <b>3:25 Steelers Vs Packers</b> <b>6:30 TV/Leisure Activity</b>	<b>10:00 Sixel's Senior Functional Fitness</b> <b>10:30 Walk About</b> <b>10:45 Patio Pondering /Fab. Nails/Grocery order</b> <b>Lunch Bingo</b> <b>1:00 Mercantile</b> <b>2:00 patio w/ refreshments</b> <b>3:00 Sing Along</b> <b>6:30 TV/ Leisure Activities</b>	<b>10:00 Exercises</b> <b>10:30 Walk About</b> <b>10:45 Beverages</b> <b>11:00 Balloon Toss</b> <b>Lunch Bingo</b> <b>1:15 Wii Bowl</b> <b>2:15 Bingo</b> <b>3:00 Beverages</b> <b>3:30 Sing Along</b> <b>6:30 TV / Table Games</b>	<b>10:00 Sixel's Senior Functional Fitness</b> <b>10:30 Walk About</b> <b>10:45 Beverage Cart/ Lunch Bingo</b> <b>1:15 Sing Along w/ 1<sup>st</sup> Cong. Church</b> <b>2:15 Beverages</b> <b>3:30 DVD Sing Along</b> <b>6:30 TV/Table Games</b>	<b>9:15 St Mass/Communion</b> <b>10:00 Exercises</b> <b>10:30 Walk About/ Drinks</b> <b>11:00 Balloon Toss</b> <b>Lunch Bingo</b> <b>1:15 Corn Hole</b> <b>2:00 Bingo</b> <b>3:00 Refreshment Cart</b> <b>3:30 Thirsty Thursday</b> <b>6:30 TV/ Leisure/ Movie</b>	<b>10:00 Sixel's Senior Fit</b> <b>10:30 Drink/Walk</b> <b>10:45 Rosary w/ Sharon or Sing w/ Alexa</b> <b>Lunch Bingo</b> <b>1:30 Bunco</b> <b>2:45 Coffee Clutch</b> <b>3:00 Walk About</b> <b>3:30 Sing Along DVD</b> <b>6:30 Music/ TV</b>	<b>10:00 Exercise DVD</b> <b>10:30 Beverage Cart</b> <b>10:45 Walk</b> <b>11:00 Balloon Toss</b> <b>Lunch Bingo</b> <b>1:30 Matinee/ popcorn</b> <b>5:00 Lawrence Welk</b> <b>6:30 TV/ Leisure Activity</b>
Angel Food Cake 10	Columbus Day 11	12	13	14	Nat.I Bosses Day 15	16
<b>9:10 S.M. Prayer/ Communion</b> <b>Grace Lutheran Service</b> <b>Catholic Mass on Ch.42</b> <b>10:-00 Bev. Break/Alexa</b> <b>12:00 Packers vs. Bengals</b> <b>1:00 Walk About/Wii</b> <b>2:00 Beverage Cart</b> <b>2:15 BINGO</b> <b>3:15 Beverages</b> <b>3:30 Sing Along/ DVD</b>	<b>10:00 Sixel's Senior Functional Fitness</b> <b>10:30 Walk About</b> <b>10:45 Patio Pondering /Fab. Nails/Grocery Order</b> <b>Lunch Bingo</b> <b>1:15 Creative Cooking</b> <b>2:00 patio w/ refreshments</b> <b>3:30 Sing Along</b> <b>6:30 TV/ Leisure Activities</b>	<b>10:00 Exercises/TCB Here</b> <b>10:30 Walk About</b> <b>10:45 Beverages</b> <b>11:00 Balloon Toss</b> <b>Lunch Bingo</b> <b>1:15 Wii Bowl</b> <b>2:00 Bingo</b> <b>3:00 Beverages</b> <b>3:30 Sing Along</b> <b>6:30 TV / Table Games</b>	<b>10:00 Sixel's Senior Functional Fitness</b> <b>10:30 Walk About</b> <b>10:45 Beverage Cart/ Lunch Bingo</b> <b>1:15 Pictionary/ Refreshments</b> <b>2:15 Patio Pondering</b> <b>3:30 DVD Sing Along</b> <b>6:30 TV/Table Games</b>	<b>10:00 Ex. &amp; SM Communion</b> <b>10:30 Walk About</b> <b>10:45 Drinks</b> <b>11:00 Balloon Toss</b> <b>Lunch Bingo</b> <b>1:15 Corn Hole</b> <b>2:00 Bingo</b> <b>3:00 Refreshment Cart</b> <b>3:30 Thirsty Thursday</b> <b>6:30 TV/ Leisure/ Movie</b>	<b>10:00 Sixel's Senior Fit</b> <b>10:30 Drink/Walk</b> <b>10:45 Rosary w/ Sharon or Sing w/ Alexa</b> <b>Lunch Bingo</b> <b>1:30 Bunco</b> <b>2:45 Coffee Clutch</b> <b>3:00 Walk About</b> <b>3:30 Sing Along DVD</b> <b>6:30 Music/ TV</b>	<b>10:00 Exercise DVD</b> <b>10:30 Beverage Cart</b> <b>10:45 Walk/Puzzles</b> <b>11:00 Balloon Toss</b> <b>Lunch Bingo</b> <b>1:30 Matinee/ popcorn</b> <b>5:00 Lawrence Welk</b> <b>6:30 TV/ Leisure Activity</b>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</p> <p>9:10 S.M. Prayer/ Communion Grace Lutheran Service Catholic Mass on Ch.42 10:-00 Bev. Break/Alexa 12:00 Packers vs Bears 2:00 Beverage Cart 2:15 BINGO 3:15 Beverages 3:30 Sing Along/ DVD 6:30 TV/Leisure Activity</p>	<p>18</p> <p>10:00 Sixel's Senior Functional Fitness 10:30 Walk About 10:45 Patio Pondering /Fab. Nails/Grocery order Lunch Bingo 1:00 Create Pumpkins 2:00 patio w/ refreshments 3:30 Sing Along 6:30 TV/ Leisure Activities</p>	<p>19</p> <p>10:00 Exercises 10:30 Walk About 10:45 Beverages 11:00 Balloon Toss Lunch Bingo 1:30 TCB Bingo 2:20 Beverages 3:30 Sing Along 6:30 TV / Table Games</p>	<p>20</p> <p>10:00 Sixel's Senior Functional Fitness 10:30 Walk About 10:45 Beverage Cart/ Lunch Bingo 1:15 Sing Along w/ 1<sup>st</sup> Cong. Church 2:15 Refreshments 2:15 Patio Pondering 3:30 DVD Sing Along 6:30 TV/Table Games</p>	<p>21</p> <p>10:00 Ex. &amp; SM Communion 10:30 Walk About 10:45 Drinks 11:00 Balloon Toss Lunch Bingo 1:15 Corn Hole 2:00 Bingo 3:00 Refreshment Cart 3:30 Thirsty Thursday 6:30 TV/ Leisure/ Movie</p>	<p>22</p> <p>10:00 Sixel's Senior Fit 10:30 Drink/Walk 10:45 Rosary w/ Sharon or Sing w/ Alexa Lunch Bingo 1:30 Bunco 2:45 Coffee Clutch 3:00 Walk About 3:30 Sing Along DVD 6:30 Music/ TV</p>	<p>23</p> <p>Make a Diff. Day</p> <p>10:00 Exercise DVD 10:30 Beverage Cart 10:45 Walk/Puzzles 11:00 Balloon Toss Lunch Bingo 1:30 Matinee/ popcorn 5:00 Lawrence Welk 6:30 TV/ Leisure Activity</p>
<p>24</p> <p>Van Usage</p> <p>9:10 S.M. Prayer/ Communion Grace Lutheran Service Catholic Mass on Ch.42 10:-00 Bev. Break/ Alexa 12:00 Washington Vs Pack 1:00 Walk About/Wii 2:00 Beverage Cart 2:15 BINGO 3:15 Beverages 3:30 Sing Along/ DVD 6:30 TV/Leisure Activity</p>	<p>25</p> <p>World Pasta Day</p> <p>10:00 Sixel's Senior Functional Fitness 10:30 Walk About 10:45 Patio Pondering /Fab. Nails/Grocery shop w/ Julie Lunch Bingo 1:00 Fall Season Ride 2:00 Patio w/ refreshments 3:30 Sing Along 6:30 TV/ Leisure Activities</p>	<p>26</p> <p>10:00 Exercises/TCB Here 10:30 Walk About 10:45 Beverages 11:00 Balloon Toss/Fall Ride Lunch Bingo 1:15 Wii Bowl 2:15 Bingo 3:00 Beverages 3:30 Sing Along 6:30 TV / Table Games</p>	<p>27</p> <p>10:00 Sixel's Senior Functional Fitness 10:30 tenant Council Lunch Bingo 1:00 Resident Council 1:30 B-Day Bingo 2:30 B-Day cake 3:30 DVD Sing Along 6:30 TV/Table Games</p>	<p>28</p> <p>9:15 St Mary Mass 10:00 Exercises 10:30 Walk About /Drinks 11:00 Balloon Toss Lunch Bingo 1:00 Grace Church service 2:00 Bingo 3:00 Refreshment Cart 3:30 Thirsty Thursday 7:20 Packers Vs Cardinals</p>	<p>29</p> <p>10:00 Sixel's Senior Fit 10:30 Drink/Walk 10:45 Rosary w/ Sharon or Sing w/ Alexa Lunch Bingo 1:30 Halloween Celebration 2:45 Coffee Clutch 3:00 Walk About 3:30 Sing Along DVD 6:30 Music/ TV</p>	<p>30</p> <p>Nat'l Candy Corn Day</p> <p>10:00 Exercise DVD 10:30 Beverage Ca 10:45 Walk/ Puzzles 11:00 Balloon Toss Lunch Bingo 1:30 Matinee/ popcorn 5:00 Lawrence Welk 6:30 TV/ Leisure Activity</p>
<p>31</p> <p>Halloween</p> <p>9:10 S.M. Prayer/ Communion Grace Lutheran Service Catholic Mass on Ch.42 10:-00 Bev. Break 1:00 Walk About/Wii 2:00 Beverage Cart 2:15 BINGO 3:15 Beverages 3:30 Sing Along/ DVD 6:30 TV/Leisure Activity</p>					<p>Activities Subject to change</p>	<p>Milestone Senior Living 314 E. Lincoln Ave Tomahawk, WI 54487 Carole Mietelski, Community Director 715-224-3747</p>

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