



# October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Any calendar changes will be posted on the Community Share TV Screens in the hallways!	Our Ombudsman is Dana Neer. He can be reached at 800-654-9421.	We provide transportation for doctor's appointments on Mondays, Wednesdays & Friday Mornings. Please let your nurse know of any upcoming appointments to book with us. Fees may apply.	During cold weather, outings may be cancelled. Please watch the Community Share screens for any changes!	Please see Life Enrichment to sign up for outings!	<div>1</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>L 10:30 International Day of Older Persons Trivia</div> <div>A 2:00 Give us a smile</div> <div>M 3:00 World Smile Day Happy Hour</div>	<div>2</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>I 10:30 A Barrel of Laughs Day- Telling Jokes</div> <div>K 2:00 Welcome to October Packet</div>
<div>3</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>I 10:30 Chicken Soup for the Soul</div> <div>M 2:00 Gospel Music Social</div> <div>I 2:30 Inspired Sundays</div>	<div>4</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>S 2:00 Resident Council- AL</div> <div>M 3:00 Bingo/ Name That Tune</div> <div>GF 6:00 Monday Movie &amp; Reception</div>	<div>5</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>K 10:30 Golden Arches Day Trivia</div> <div>A 2:00 Painting Club</div> <div>O 2:00 Scenic Drives</div>	<div>6</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>M 10:30 Name That Tune</div> <div>S 2:00 Chef's Circle- BC</div> <div>M 3:00 Bingo/ Name That Tune</div> <div>A 6:00 October Craft</div>	<div>7</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>O 10:30 Frappe Day- Out for Coffee</div> <div>L 10:30 How Its Made</div> <div>M 2:30 Sam Piercy</div>	<div>8</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>K 10:30 Domino Sugar Day-Playing Dominoes</div> <div>JG 2:00 Men's Club</div> <div>M 3:00 Fall Fun Happy Hour</div>	<div>9</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>K 10:30 Leaf Trivia</div> <div>GF 2:00 Pop, Pop, Pop Day-Popcorn Social</div> <div>K 2:30 Cards &amp; Games</div>
<div>10</div> <div>V 10:00 Sunday Stretch-Broadcast Channel</div> <div>K 10:30 Facts on Germany</div> <div>GF 2:00 Coffee &amp; Chat</div> <div>I 2:30 Inspired Sundays</div>	<div>11</div> <div>Columbus Day</div> <div>S 7:00 Oktoberfest Theme Breakfast- 7-9 am</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>K 10:30 All About Oktoberfest</div> <div>CC 1:30 Sharon Dillman Storytelling</div>	<div>12</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>I 10:30 Write Your Own German Fairytale</div> <div>O 2:00 Trip to the Brewery- O</div> <div>S 2:30 Oktoberfest Snack</div>	<div>13</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>M 10:30 German Music</div> <div>S 12:00 Oktoberfest Lunch</div> <div>S 2:00 German Cooking with Chef Scott</div> <div>M 3:00 Bingo/ Name That Tune</div> <div>GF 6:00 Oktoberfest Social</div>	<div>14</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>L 10:30 Touring German Castles</div> <div>S 2:00 Oktoberfest Party</div> <div>S 5:00 Oktoberfest Theme Reception</div>	<div>15</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>V 10:30 German Games</div> <div>A 2:00 Scherenschnitte</div> <div>M 3:00 Oktoberfest Happy Hour</div>	<div>16</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>K 10:30 Scarecrow Saturday Trivia</div> <div>L 11:00 Scarecrow Contest-BC</div> <div>GF 2:00 Scarecrow Social</div>
<div>17</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>I 10:30 Bible Stories</div> <div>I 2:00 Gospel Music</div> <div>I 2:30 Inspired Sundays</div>	<div>18</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>K 10:30 A Batty Day Facts</div> <div>A 2:00 Halloween Craft</div> <div>M 3:00 Bingo/ Name That Tune</div> <div>GF 6:00 Monday Movie &amp; Reception</div>	<div>19</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>K 10:30 Word Games</div> <div>K 2:00 Cards &amp; Games</div> <div>O 2:00 Shopping Trip- Walmart</div>	<div>20</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>K 10:30 Dracula Day Facts</div> <div>S 2:00 Chef's Circle- BC</div> <div>M 3:00 Bingo/ Name That Tune</div> <div>GF 6:00 Wellbrooke Social</div>	<div>21</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>K 10:30 Think Positive Thursday- Sharing Good News</div> <div>O 12:00 Out to Lunch- Harvey's</div>	<div>22</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>L 10:30 How Its Made- BC</div> <div>A 2:00 Fall Craft</div> <div>M 3:00 A Texan Day Happy Hour</div>	<div>23</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>K 10:30 Eatin Pumpkin Day Facts</div> <div>CC 2:00 Making Pumpkin Day Treats</div> <div>GF 6:00 Monday Movie &amp; Reception</div>
<div>24</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>I 10:30 Inspired Sundays- BC</div> <div>GF 2:00 Sunday Snack</div> <div>L 2:30 Discussing Our Bucket List</div>	<div>25</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>K 10:30 Mysterious Monday</div> <div>A 2:00 Sweater Sleeve Pumpkins</div> <div>M 3:00 Bingo/ Name That Tune</div>	<div>26</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>K 10:30 Baseball Trivia</div> <div>K 2:00 Cards &amp; Games</div> <div>O 2:00 Shopping Trip- Dollar Tree</div>	<div>27</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>K 10:30 Navy Day Facts</div> <div>S 2:00 Chef's Circle- BC</div> <div>M 3:00 Bingo/ Name That Tune</div> <div>GF 6:00 Wellbrooke Social</div>	<div>28</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>K 10:30 Fall Facts</div> <div>O 12:00 Out to Lunch- Wendy's</div> <div>A 2:00 Painting Club</div> <div>M 3:00 Bingo/ Name That Tune</div>	<div>29</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>K 10:30 Frankenstein Friday Facts</div> <div>K 2:00 Frankenstein Packet</div> <div>M 3:00 Halloween Happy Hour</div>	<div>30</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>K 10:30 Halloween Trivia</div> <div>CC 2:00 Popcorn Bar</div> <div>GF 2:30 Scary Movie Saturday</div>
<div>31</div> <div>Halloween</div> <div>V 10:00 Senior Sneakers-Broadcast Channel</div> <div>I 10:30 Inspired Sundays</div> <div>GF 2:00 Halloween Social</div> <div>L 2:30 Halloween Through the Years</div>	<div>A - Artisans</div> <div>CC - Community Connections</div> <div>CC - Creative Cooking</div> <div>GF - Gathering of Friends</div> <div>I - Inspirations</div> <div>JG - Just the Guys</div> <div>K - Keeping it Sharp/Reminisce</div> <div>L - Lifelong Learning</div>	<div>M - Music to My Ears</div> <div>O - Out &amp; About</div> <div>S - Signature Events</div> <div>V - Vitality</div>	<div>Birthdays</div>	The resident rights can be found next to room 302 in the Assisted Living Hallway.	Did you know the October birthstone is the opal?	The October flower is the marigold.



# October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>A</b> - Artisans <b>CC</b> - Community Connections <b>CC</b> - Creative Cooking <b>GF</b> - Gathering of Friends <b>I</b> - Inspirations <b>IG</b> - Just the Guys <b>K</b> - Keeping it Sharp/Reminisce <b>L</b> - Lifelong Learning</p>	<p><b>MM</b> - Mindful Moments <b>M</b> - Music to My Ears <b>O</b> - Out &amp; About <b>S</b> - Signature Events <b>V</b> - Vitality</p>	<p>Our Ombudsman is Dana Neer (800-654-9421)</p>	<p>We provide transportation for doctor's appointments on Monday, Wednesdays &amp; Friday mornings. Please let your nurse know of any upcoming appointments to book your ride. Fees may apply.</p>	<p>Please see Life Enrichment to sign up for outings!</p>	<p><b>1</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>L</b> 10:30 International Day of Older Persons Trivia <b>MM</b> 11:30 Mindful Moments-Show Us Your Smile</p>	<p><b>2</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>I</b> 10:30 A Barrel of Laughs Day- Telling Jokes <b>MM</b> 11:30 Mindful Moments-Jokin' Around</p>
<p><b>3</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>I</b> 10:30 Chicken Soup for the Soul <b>MM</b> 1:00 Mindful Moments-Bible Stories</p>	<p><b>4</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>S</b> 11:00 Resident Council- HC <b>MM</b> 11:30 Mindful Moments- Fall Leaves <b>M</b> 3:00 Bingo/ Name That Tune</p>	<p><b>5</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>K</b> 10:30 Golden Arches Day Trivia <b>MM</b> 11:30 Mindful Moments-Favorite Foods</p>	<p><b>6</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>M</b> 10:30 Name That Tune <b>MM</b> 11:30 Mindful Moments-Name That Tune <b>S</b> 2:00 Chef's Circle- BC</p>	<p><b>7</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>O</b> 10:30 Frappe Day- Out for Coffee <b>L</b> 10:30 How Its Made <b>MM</b> 11:30 Mindful Moments- In the Kitchen</p>	<p><b>8</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>K</b> 10:30 Domino Sugar Day-Playing Dominoes <b>MM</b> 11:30 Mindful Moments-Active Minds</p>	<p><b>9</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>K</b> 10:30 Leaf Trivia <b>MM</b> 11:30 Mindful Moments-Universal Music Day <b>GF</b> 2:00 Pop, Pop, Pop Day- Popcorn Social</p>
<p><b>10</b> <b>V</b> 10:00 Sunday Stretch-Broadcast Channel <b>K</b> 10:30 Facts on Germany <b>MM</b> 1:00 Mindful Moments-Bible Stories <b>GF</b> 2:00 Coffee &amp; Chat</p>	<p><b>11</b> <b>Columbus Day</b> <b>S</b> 7:00 Oktoberfest Theme Breakfast- 7-9 am <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>K</b> 10:30 All About Oktoberfest <b>MM</b> 11:30 Mindful Moments- Fall Leaves</p>	<p><b>12</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>I</b> 10:30 Write Your Own German Fairytale <b>MM</b> 11:30 Mindful Moments-German Music</p>	<p><b>13</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>M</b> 10:30 German Music <b>MM</b> 11:30 Mindful Moments-German Fairytales <b>S</b> 12:00 Oktoberfest Lunch</p>	<p><b>14</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>L</b> 10:30 Touring German Castles <b>MM</b> 11:30 Mindful Moments-German Castles</p>	<p><b>15</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>V</b> 10:30 German Games <b>MM</b> 11:30 Mindful Moments-Historic German Sites <b>A</b> 2:00 Scherenschnitte</p>	<p><b>16</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>K</b> 10:30 Scarecrow Saturday Trivia <b>L</b> 11:00 Scarecrow Contest-BC <b>MM</b> 11:30 Mindful Moments- Scarecrow Social</p>
<p><b>17</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>I</b> 10:30 Bible Stories <b>MM</b> 11:30 Mindful Moments-Bible Stories <b>I</b> 2:00 Gospel Music</p>	<p><b>18</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>K</b> 10:30 A Batty Day Facts <b>MM</b> 11:30 Mindful Moments-Musical Monday <b>A</b> 2:00 Halloween Craft</p>	<p><b>19</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>K</b> 10:30 Word Games <b>MM</b> 11:30 Mindful Moments-Word Games <b>K</b> 2:00 Cards &amp; Games</p>	<p><b>20</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>K</b> 10:30 Dracula Day Facts <b>MM</b> 11:30 Mindful Moments- In The Garage <b>S</b> 2:00 Chef's Circle- BC</p>	<p><b>21</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>K</b> 10:30 Think Positive <b>MM</b> 11:30 Mindful Moments- Thursday- Sharing Good News</p>	<p><b>22</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>L</b> 10:30 How Its Made- BC <b>MM</b> 11:30 Mindful Moments-Favorite Vacations <b>A</b> 2:00 Fall Craft</p>	<p><b>23</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>K</b> 10:30 Eatin Pumpkin Day Facts <b>MM</b> 11:30 Mindful Moments-Saturday Sing-a-long</p>
<p><b>24</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>I</b> 10:30 Inspired Sundays- BC <b>MM</b> 11:30 Mindful Moments-Bible Stories <b>GF</b> 2:00 Sunday Snack</p>	<p><b>25</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>K</b> 10:30 Mysterious Monday <b>MM</b> 11:30 Mindful Moments-October Memories <b>A</b> 2:00 Sweater Sleeve</p>	<p><b>26</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>K</b> 10:30 Baseball Trivia <b>MM</b> 11:30 Mindful Moments- In The Garage <b>K</b> 2:00 Cards &amp; Games</p>	<p><b>27</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>K</b> 10:30 Navy Day Facts <b>MM</b> 11:30 Mindful Moments-Active Minds <b>S</b> 2:00 Chef's Circle- BC</p>	<p><b>28</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>K</b> 10:30 Fall Facts <b>MM</b> 11:30 Mindful Moments- Fall Leaves <b>O</b> 12:00 Out to Lunch- Wendy's</p>	<p><b>29</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>K</b> 10:30 Frankenstein Friday Facts <b>MM</b> 11:30 Mindful Moments-Halloween Memories</p>	<p><b>30</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>K</b> 10:30 Halloween Trivia <b>MM</b> 11:30 Mindful Moments-Saturday Sing-a-long <b>CC</b> 2:00 Popcorn Bar</p>
<p><b>31</b> <b>Halloween</b> <b>V</b> 10:00 Senior Sneakers-Broadcast Channel <b>I</b> 10:30 Inspired Sundays <b>MM</b> 11:30 Mindful Moments-Bible Stories <b>GF</b> 2:00 Halloween Social</p>	<p><b>Birthdays</b></p>	<p>The flower for October is a marigold!</p>	<p>Did you know the October birthstone is the opal?</p>	<p>If you would like to volunteer, please see the Life Enrichment department!</p>	<p>Many activities can be seen on the Broadcast Channel- Channel 2 in your rooms!</p>	<p>The resident rights can be found across from the social service office!</p>





# October 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p><b>A</b> - Artisans  <b>CC</b> - Creative Cooking  <b>GF</b> - Gathering of Friends  <b>GG</b> - Group Games  <b>K</b> - Keeping it Sharp/Reminisce  <b>L</b> - Lifelong Learning  <b>M</b> - Music to My Ears  <b>V</b> - Vitality</p>		<p><u>Birthdays</u></p>			<p><b>1</b></p> <p><b>V</b> 9:00 Basketball  <b>K</b> 9:30 Football Frenzy  <b>L</b> 10:30 International Day of Older Persons Trivia  <b>CC</b> 10:45 Pumpkin Pie Chocolate Chip Cookies</p>	<p><b>2</b></p> <p><b>V</b> 9:00 Chair Swimming  <b>K</b> 9:30 Quick Words  <b>CC</b> 10:45 Pumpkin Pie Truffles  <b>A</b> 12:45 Relax &amp; Recharge  <b>A</b> 2:00 Candy Corn Button Craft</p>
<p><b>3</b></p> <p><b>V</b> 9:00 Costume Parade  <b>K</b> 9:30 Fall Memories  <b>CC</b> 10:45 BLT Dip  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Wine Cork Pumpkins  <b>M</b> 3:30 Celebrity Sunday</p>	<p><b>4</b></p> <p><b>V</b> 9:00 Don't Worry, Be Happy  <b>K</b> 9:30 Autumn Poem  <b>CC</b> 10:45 Maple Oatmeal Cookies  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Have a Gentle</p>	<p><b>5</b></p> <p><b>V</b> 9:00 Pretzel Toss  <b>K</b> 9:30 Create A Caption  <b>CC</b> 10:45 Maple Oatmeal Cookies  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Tissue Paper Leaves</p>	<p><b>6</b></p> <p><b>V</b> 9:00 Stein Exercises  <b>K</b> 9:30 Yard Sale  <b>CC</b> 10:45 Beer Cheese Dip  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Paper Pumpkins  <b>M</b> 3:30 Name That Instrument</p>	<p><b>7</b></p> <p><b>V</b> 9:00 POLKA!  <b>K</b> 9:30 Let's Spell Fall  <b>CC</b> 10:45 Pumpkin Cheesecake Swirl Muffins  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Tissue Paper Flowers</p>	<p><b>8</b></p> <p><b>V</b> 9:00 Basketball  <b>K</b> 9:30 Football Frenzy  <b>CC</b> 10:45 Apple Cider Cake  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Salt Dough Ornaments  <b>M</b> 3:30 October Happy Hour</p>	<p><b>9</b></p> <p><b>V</b> 9:00 Chair Swimming  <b>K</b> 9:30 Quick Words  <b>CC</b> 10:45 Baked Coconut Custard  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Salt Dough Ornaments  <b>M</b> 3:30 Feel the Rhythm</p>
<p><b>10</b></p> <p><b>V</b> 9:00 Costume Parade  <b>K</b> 9:30 Fall Memories  <b>CC</b> 10:45 Pumpkin Scones  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Edelweiss Flower Picture</p>	<p><b>11</b> <b>Columbus Day</b></p> <p><b>V</b> 9:00 Don't Worry, Be Happy  <b>K</b> 9:30 Autumn Poem  <b>CC</b> 10:45 German Oktoberfest Stew  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Shultute Cone</p>	<p><b>12</b></p> <p><b>V</b> 9:00 Pretzel Toss  <b>K</b> 9:30 Create A Caption  <b>CC</b> 10:45 German Beer Cheese Spread  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Lebkuchenherzen</p>	<p><b>13</b></p> <p><b>V</b> 9:00 Stein Exercises  <b>K</b> 9:30 Yard Sale  <b>CC</b> 10:45 German Apple Cake  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Edelweiss Ornament  <b>M</b> 3:30 Name That Instrument</p>	<p><b>14</b></p> <p><b>V</b> 9:00 POLKA!  <b>K</b> 9:30 Let's Spell Fall  <b>CC</b> 10:45 Pretzel Flight  12:45 Relax &amp; Recharge  <b>A</b> 2:00 German Creative Storytelling</p>	<p><b>15</b></p> <p><b>V</b> 9:00 Basketball  <b>K</b> 9:30 Football Frenzy  <b>CC</b> 10:45 German Crock Pot Rice Pudding  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Decorative Designs</p>	<p><b>16</b></p> <p><b>V</b> 9:00 Chair Swimming  <b>K</b> 9:30 Quick Words  <b>CC</b> 10:45 Broccoli Apple Cheese Soup  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Melted Crayon</p>
<p><b>17</b></p> <p><b>V</b> 9:00 Costume Parade  <b>K</b> 9:30 Fall Memories  <b>CC</b> 10:45 Pear Crisp  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Dunkin Pumpkins  <b>M</b> 3:30 Celebrity Sunday</p>	<p><b>18</b></p> <p><b>V</b> 9:00 Don't Worry, Be Happy  <b>K</b> 9:30 Autumn Poem  <b>CC</b> 10:45 Apple Pecan Fall Salad  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Brushless Painting  <b>M</b> 3:30 Who Am I?</p>	<p><b>19</b></p> <p><b>V</b> 9:00 Pretzel Toss  <b>K</b> 9:30 Create A Caption  <b>CC</b> 10:45 Cinnamon Roll Sugar Cookies  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Salt Painting</p>	<p><b>20</b></p> <p><b>V</b> 9:00 Stein Exercises  <b>K</b> 9:30 Yard Sale  <b>CC</b> 10:45 Berry Croissant Bake  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Cut &amp; Paste Pumpkin Face</p>	<p><b>21</b></p> <p><b>V</b> 9:00 POLKA!  <b>K</b> 9:30 Let's Spell Fall  <b>CC</b> 10:45 Cheese Crispies  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Paint with Wheels  <b>M</b> 3:30 Groovin' Gospel</p>	<p><b>22</b></p> <p><b>V</b> 9:00 Basketball  <b>K</b> 9:30 Football Frenzy  <b>CC</b> 10:45 Cornmeal Cookies  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Sandpaper Painting  <b>M</b> 3:30 October Happy Hour</p>	<p><b>23</b></p> <p><b>V</b> 9:00 Chair Swimming  <b>K</b> 9:30 Quick Words  <b>CC</b> 10:45 Parmesan Brussel Sprouts &amp; Dip  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Tie Wreath</p>
<p><b>24</b></p> <p><b>V</b> 9:00 Costume Parade  <b>K</b> 9:30 Fall Memories  <b>CC</b> 10:45 Cappuccino Muffins  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Clay Hands  <b>M</b> 3:30 Celebrity Sunday</p>	<p><b>25</b></p> <p><b>V</b> 9:00 Don't Worry, Be Happy  <b>K</b> 9:30 Autumn Poem  <b>CC</b> 10:45 Red Lobster Cheddar Biscuits  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Autumn Decor</p>	<p><b>26</b></p> <p><b>V</b> 9:00 Pretzel Toss  <b>K</b> 9:30 Create A Caption  <b>CC</b> 10:45 Mexican Stuffed Avocados  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Pinecone Mummies</p>	<p><b>27</b></p> <p><b>V</b> 9:00 Stein Exercises  <b>K</b> 9:30 Yard Sale  <b>CC</b> 10:45 Apple Spice Dump Cake  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Ghost Rocks  <b>M</b> 3:30 Name That Instrument</p>	<p><b>28</b></p> <p><b>V</b> 9:00 POLKA!  <b>K</b> 9:30 Let's Spell Fall  <b>CC</b> 10:45 Creamy Corn Casserole  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Tissue Paper Pumpkin Favors</p>	<p><b>29</b></p> <p><b>V</b> 9:00 Basketball  <b>K</b> 9:30 Football Frenzy  <b>CC</b> 10:45 Halloween Cream Cheese Swirl Brownies  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Halloween Candy</p>	<p><b>30</b></p> <p><b>V</b> 9:00 Chair Swimming  <b>K</b> 9:30 Quick Words  <b>CC</b> 10:45 Candy Corn Crunch  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Halloween Pumpkin Vase</p>
<p><b>31</b> <b>Halloween</b></p> <p><b>V</b> 9:00 Costume Parade  <b>K</b> 9:30 Fall Memories  <b>CC</b> 10:45 Hocus Pocus Buns  12:45 Relax &amp; Recharge  <b>A</b> 2:00 Halloween Wall Art  <b>M</b> 3:30 Celebrity Sunday</p>						