

Cooper Trail Senior Living  
Activities Calendar



# October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Birthdays</b> 10/6 - Jerry B. 10/17 - Iva C. 10/28 - Marie B.		A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning	M - Music to My Ears S - Signature Events V - Vitality		1 K 10:00 Trivia w/ Tonia in the Salon Lounge M 11:00 Name That Tune in the Salon Lounge K 2:00 Bingo in the Dining Room	2 V 11:00 Garden Club in the Courtyard A 2:00 Crafters Corner in the Activity Lounge GF 3:00 Basketball in the Activity Center
3 I 11:00 Devotions in the Salon Lounge I 1:00 Catholic Service on Ch.72 GF 2:00 Corn Hole in the Activity Center	4 CC 10:00 Cinnamon Bun Day in the Activity Center A 11:00 Mindful Moments on the Patio K 2:00 Card Club in the Activity Center	5 V 10:00 Workout with Cathy in the Salon Lounge K 11:00 BINGO in the Dining Room V 1:00 Garden Club in the Courtyard	6 K 10:00 Hear All the Good News in the Salon Lounge L 11:00 Art Appreciation in the salon Lounge A 2:00 Crafters Corner in the Activity Lounge	7 V 10:00 Workout with Cathy in the Salon Lounge GF 11:00 Thankful Thursday V 1:00 Garden Club in the Courtyard CC 2:00 Making Chocolate	8 K 10:00 Trivia w/ Tonia in the Salon Lounge M 11:00 Name That Tune in the Salon Lounge K 2:00 Bingo in the Dining Room	9 V 11:00 Garden Club in the Courtyard A 2:00 Crafters Corner in the Activity Lounge M 3:00 Music in the Bourbon Bistro
10 I 11:00 Devotions in the Salon Lounge I 1:00 Non-Denominational Service on Ch.72 GG 2:00 Games in the Activity Center	11 <b>Columbus Day</b> L 10:00 History of Columbus Day in the Salon Lounge M 11:00 German Music in the Salon Lounge K 2:00 Card Club in the Activity Center	12 V 10:00 Workout with Cathy in the Salon Lounge K 11:00 German Themed BINGO in the Dining Room V 1:00 Garden Club in the Courtyard	13 L 10:00 History of Beer A 11:00 German Craft in the Activity Center GG 2:00 German Stein Relay Race in the Court Yard M 3:00 Drinking Song	14 V 10:00 Workout with Cathy in the Salon Lounge K 11:00 Beer Trivia in the Salon Lounge V 1:00 Garden Club in the Courtyard	15 K 10:00 Trivia w/ Tonia in the Salon Lounge M 11:00 Name That Tune in the Salon Lounge GG 2:00 Bingo in the Dining Room	16 V 11:00 Garden Club in the Courtyard A 2:00 Crafters Corner in the Activity Center GG 3:00 Games in the Activity Center
17 I 11:00 Devotions in the Salon Lounge I 1:00 Catholic Service on Ch. 72 GF 2:00 Movie & Popcorn in the Salon Lounge	18 A 10:00 Mindful Moments in the Salon Lounge K 2:00 Book Club in the Salon Lounge K 3:00 Card Club in the Activity Center	19 V 10:00 Workout with Cathy in the Salon Lounge K 11:00 BINGO in the Dining Room V 1:00 Garden Club in the Courtyard	20 K 10:00 Hear All the Good News in the Salon Lounge S 11:00 Lunch Outing A 2:00 Crafters Corner in the Activity Lounge	21 V 10:00 Workout with Cathy in the Salon Lounge 11:00 Resident Council and Inspired Living Calendar Planning Meetings in Salon Lounge	22 K 10:00 Trivia w/ Tonia in the Salon Lounge M 11:00 Name That Tune in the Salon Lounge GG 2:00 Bingo in the Dining Room	23 V 11:00 Garden Club in the Courtyard A 2:00 Crafters Corner in the Activity Lounge CC 5:00 Taste of the Town Suzie Q's in the Dining Room
24 I 11:00 Devotions in the Salon Lounge I 1:00 Non-Denominational Service on Ch. 72 M 2:00 Music in the Bourbon Bistro	25 A 10:00 Mindful Moments in the Salon Lounge K 11:00 American Heritage in the Salon Lounge K 2:00 Card Club in the Activity Center	26 V 10:00 Workout with Cathy in the Salon Lounge K 11:00 BINGO in the Dining Room V 1:00 Garden Club in the Courtyard	27 K 10:00 Hear All the Good News in the Salon Lounge L 11:00 Art Appreciation in the salon Lounge A 2:00 Crafters Corner in the Activity Lounge	28 V 10:00 Workout with Cathy in the Salon Lounge GF 11:00 Thankful Thursday V 1:00 Garden Club in the Courtyard CC 2:00 Letters to our First President in the Activity Lounge	29 K 10:00 Trivia w/ Tonia in the Salon Lounge M 11:00 Name That Tune in the Salon Lounge GG 2:00 Bingo in the Dining Room	30 V 11:00 Garden Club in the Courtyard A 2:00 Crafters Corner in the Activity Lounge GG 3:00 Games in the Activity Center
31 <b>Halloween</b> I 11:00 Devotions in the Salon Lounge I 1:00 Non-Denominational Service K 2:00 Halloween Trivia Facts in the Salon Lounge						



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li><b>A</b> - Artisans</li> <li><b>CC</b> - Creative Cooking</li> <li><b>GF</b> - Gathering of Friends</li> <li><b>GC</b> - Group Games</li> <li><b>K</b> - Keeping it Sharp/Reminisce</li> <li><b>M</b> - Music to My Ears</li> </ul>	<ul style="list-style-type: none"> <li><b>V</b> - Vitality</li> </ul>				<ul style="list-style-type: none"> <li><b>1</b></li> <li><b>V</b> Basketball</li> <li><b>K</b> Football Frenzy</li> <li><b>CC</b> Pumpkin Pie Chocolate Chip Cookies</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Autumn Sun Printing</li> </ul>	<ul style="list-style-type: none"> <li><b>2</b></li> <li><b>V</b> Chair Swimming</li> <li><b>K</b> Quick Words</li> <li><b>CC</b> Pumpkin Pie Truffles</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Candy Corn Button Craft</li> <li><b>M</b> Feel the Rhythm</li> </ul>
<ul style="list-style-type: none"> <li><b>3</b></li> <li><b>V</b> Costume Parade</li> <li><b>K</b> Fall Memories</li> <li><b>CC</b> BLT Dip</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Wine Cork Pumpkins</li> <li><b>M</b> Celebrity Sunday</li> </ul>	<ul style="list-style-type: none"> <li><b>4</b></li> <li><b>V</b> Don't Worry, Be Happy</li> <li><b>K</b> Autumn Poem</li> <li><b>CC</b> Maple Oatmeal Cookies</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Have a Gentle Conversation</li> </ul>	<ul style="list-style-type: none"> <li><b>5</b></li> <li><b>V</b> Pretzel Toss</li> <li><b>K</b> Create A Caption</li> <li><b>CC</b> Maple Oatmeal Cookies</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Tissue Paper Leaves</li> <li><b>M</b> Campfire Songs</li> </ul>	<ul style="list-style-type: none"> <li><b>6</b></li> <li><b>V</b> Stein Exercises</li> <li><b>K</b> Yard Sale</li> <li><b>CC</b> Beer Cheese Dip</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Paper Pumpkins</li> <li><b>M</b> Name That Instrument</li> </ul>	<ul style="list-style-type: none"> <li><b>7</b></li> <li><b>V</b> POLKA!</li> <li><b>K</b> Let's Spell Fall</li> <li><b>CC</b> Pumpkin Cheesecake</li> <li>Swirl Muffins</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Tissue Paper Flowers</li> </ul>	<ul style="list-style-type: none"> <li><b>8</b></li> <li><b>V</b> Basketball</li> <li><b>K</b> Football Frenzy</li> <li><b>CC</b> Apple Cider Cake</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Salt Dough Ornaments</li> <li><b>M</b> October Happy Hour</li> </ul>	<ul style="list-style-type: none"> <li><b>9</b></li> <li><b>V</b> Chair Swimming</li> <li><b>K</b> Quick Words</li> <li><b>CC</b> Baked Coconut Custard</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Salt Dough Ornaments</li> <li><b>M</b> Feel the Rhythm</li> </ul>
<ul style="list-style-type: none"> <li><b>10</b></li> <li><b>V</b> Costume Parade</li> <li><b>K</b> Fall Memories</li> <li><b>CC</b> Pumpkin Scones</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Edelweiss Flower Picture</li> <li><b>M</b> Celebrity Sunday</li> </ul>	<ul style="list-style-type: none"> <li><b>11</b> <b>Columbus Day</b></li> <li><b>V</b> Don't Worry, Be Happy</li> <li><b>K</b> Autumn Poem</li> <li><b>CC</b> German Oktoberfest Stew</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Schultüte Cone</li> </ul>	<ul style="list-style-type: none"> <li><b>12</b></li> <li><b>V</b> Pretzel Toss</li> <li><b>K</b> Create A Caption</li> <li><b>CC</b> German Beer Cheese Spread</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Lebkuchenherzen paper</li> </ul>	<ul style="list-style-type: none"> <li><b>13</b></li> <li><b>V</b> Stein Exercises</li> <li><b>K</b> Yard Sale</li> <li><b>CC</b> German Apple Cake</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Edelweiss Ornament</li> <li><b>M</b> Name That Instrument</li> </ul>	<ul style="list-style-type: none"> <li><b>14</b></li> <li><b>V</b> POLKA!</li> <li><b>K</b> Let's Spell Fall</li> <li><b>CC</b> Pretzel Flight</li> <li>Relax &amp; Recharge</li> <li><b>A</b> German Creative Storytelling</li> </ul>	<ul style="list-style-type: none"> <li><b>15</b></li> <li><b>V</b> Basketball</li> <li><b>K</b> Football Frenzy</li> <li><b>CC</b> German Crock Pot Rice Pudding</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Decorative Designs</li> </ul>	<ul style="list-style-type: none"> <li><b>16</b></li> <li><b>V</b> Chair Swimming</li> <li><b>K</b> Quick Words</li> <li><b>CC</b> Broccoli Apple Cheese Soup</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Melted Crayon</li> </ul>
<ul style="list-style-type: none"> <li><b>17</b></li> <li><b>V</b> Costume Parade</li> <li><b>K</b> Fall Memories</li> <li><b>CC</b> Pear Crisp</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Dunkin Pumpkins</li> <li><b>M</b> Celebrity Sunday</li> </ul>	<ul style="list-style-type: none"> <li><b>18</b></li> <li><b>V</b> Don't Worry, Be Happy</li> <li><b>K</b> Autumn Poem</li> <li><b>CC</b> Apple Pecan Fall Salad</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Brushless Painting</li> <li><b>M</b> Who Am I?</li> </ul>	<ul style="list-style-type: none"> <li><b>19</b></li> <li><b>V</b> Pretzel Toss</li> <li><b>K</b> Create A Caption</li> <li><b>CC</b> Cinnamon Roll Sugar Cookies</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Salt Painting</li> </ul>	<ul style="list-style-type: none"> <li><b>20</b></li> <li><b>V</b> Stein Exercises</li> <li><b>K</b> Yard Sale</li> <li><b>CC</b> Berry Croissant Bake</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Cut &amp; Paste Pumpkin Face</li> </ul>	<ul style="list-style-type: none"> <li><b>21</b></li> <li><b>V</b> POLKA!</li> <li><b>K</b> Let's Spell Fall</li> <li><b>CC</b> Cheese Crispies</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Paint with Wheels</li> <li><b>M</b> Creepin' Gospel</li> </ul>	<ul style="list-style-type: none"> <li><b>22</b></li> <li><b>V</b> Basketball</li> <li><b>K</b> Football Frenzy</li> <li><b>CC</b> Cornmeal Cookies</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Sandpaper Painting</li> <li><b>M</b> October Happy Hour</li> </ul>	<ul style="list-style-type: none"> <li><b>23</b></li> <li><b>V</b> Chair Swimming</li> <li><b>K</b> Quick Words</li> <li><b>CC</b> Parmesan Brussel Sprouts &amp; Dip</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Tie Wreath</li> </ul>
<ul style="list-style-type: none"> <li><b>24</b></li> <li><b>V</b> Costume Parade</li> <li><b>K</b> Fall Memories</li> <li><b>CC</b> Cappuccino Muffins</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Clay Hands</li> <li><b>M</b> Celebrity Sunday</li> </ul>	<ul style="list-style-type: none"> <li><b>25</b></li> <li><b>V</b> Don't Worry, Be Happy</li> <li><b>K</b> Autumn Poem</li> <li><b>CC</b> Red Lobster Cheddar Biscuits</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Autumn Decor</li> </ul>	<ul style="list-style-type: none"> <li><b>26</b></li> <li><b>V</b> Pretzel Toss</li> <li><b>K</b> Create A Caption</li> <li><b>CC</b> Mexican Stuffed Avocados</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Pinecone Mummies</li> </ul>	<ul style="list-style-type: none"> <li><b>27</b></li> <li><b>V</b> Stein Exercises</li> <li><b>K</b> Yard Sale</li> <li><b>CC</b> Apple Spice Dump Cake</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Ghost Rocks</li> <li><b>M</b> Name That Instrument</li> </ul>	<ul style="list-style-type: none"> <li><b>28</b></li> <li><b>V</b> POLKA!</li> <li><b>K</b> Let's Spell Fall</li> <li><b>CC</b> Creamy Corn Casserole</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Tissue Paper Pumpkin Favors</li> </ul>	<ul style="list-style-type: none"> <li><b>29</b></li> <li><b>V</b> Basketball</li> <li><b>K</b> Football Frenzy</li> <li><b>CC</b> Halloween Cream Cheese Swirl Brownies</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Halloween Candy</li> </ul>	<ul style="list-style-type: none"> <li><b>30</b></li> <li><b>V</b> Chair Swimming</li> <li><b>K</b> Quick Words</li> <li><b>CC</b> Candy Corn Crunch</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Halloween Pumpkin Vase</li> <li><b>M</b> Feel the Rhythm</li> </ul>
<ul style="list-style-type: none"> <li><b>31</b> <b>Halloween</b></li> <li><b>V</b> Costume Parade</li> <li><b>K</b> Fall Memories</li> <li><b>CC</b> Hocus Pocus Buns</li> <li>Relax &amp; Recharge</li> <li><b>A</b> Halloween Wall Art</li> <li><b>M</b> Celebrity Sunday</li> </ul>						