



# October 2021

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>** All activities are subject to change. Any changes will be posted to LifeShare monitors.</p>	<p>*Did You Know??*</p> <p>- Many bones in your feet don't harden until you're an adult? &amp;</p> <p>-Some sea snakes can breathe through their skin while they are underwater!</p>	<p>** All activities are subject to change. Any changes will be posted to LifeShare monitors.</p> <p>L - Front Lobby RTR - Round Table Room ACT - Activity Room HC - Health Center Dining Room FR - Front Porch</p>	<p>*Birthdays*</p> <p>10/8: Jackie S. 10/12: Beverly S. 10/15: Melvin K. 10/21: Stanley J. 10/29: Yvonne B.</p>	<p>*Transportation services for appointments are offered Tuesdays and Wednesdays from 9am - 4pm. Please see your nurse or Life Enrichment for details.</p>	<p>1</p> <p>I 9:30 Catholic Communion &amp; Rosary - RTR V 10:00 WHOGA -BC S 10:30 Resident Council/Inspired Living Committee - AL</p>	<p>2</p> <p>M 9:00 Classic Country Tunes-BC I 9:00 Prompts for Gratitude Journals-RTR I 10:00 Christian Fellowship Service - RTR</p>
<p>3</p> <p>I 9:00 Sunday Hymns-BC/RTR A 10:00 Mindful Mandalas-RTR V 11:15 Walk-n-Roll Program K 11:30 Trivia Club - L S 1:30 Afternoon Matinee</p>	<p>4</p> <p>K 9:00 Daily Chronicles -R V 10:00 Exercise Club - RTR K 10:30 Cranium Crunches - RTR O 11:00 Monday Drives V 11:15 Walk-n-Roll Program</p>	<p>5</p> <p>V 10:00 Exercise Club - RTR K 10:30 Cranium Crunches - RTR MM 11:00 Nail Spa - RTR V 11:15 Walk-n-Roll Program K 11:30 Trivia Club - L</p>	<p>6</p> <p>I 9:00 Catholic Communion - RTR V 10:00 Forever Fit-BC/RTR I 11:00 Protestant Communion-RTR V 11:15 Walk-n-Roll Program</p>	<p>7</p> <p>V 10:00 Exercise Club - RTR K 10:30 Cranium Crunches - RTR V 11:15 Walk-n-Roll Program K 11:30 Trivia Club - L K 2:00 BINGO - HC</p>	<p>8</p> <p>I 9:30 Catholic Communion &amp; Rosary - RTR V 10:00 WHOGA -BC MM 11:00 Nail Spa - RTR V 11:15 Walk-n-Roll Program K 11:30 Trivia Club - L</p>	<p>9</p> <p>M 9:00 Classic Country Tunes-BC I 10:00 Christian Fellowship Service - RTR V 11:15 Walk-n-Roll Program K 11:30 Trivia Club - L</p>
<p>10</p> <p>I 9:00 Sunday Hymns-BC/RTR V 11:15 Walk-n-Roll Program K 11:30 Trivia Club - L A 1:30 Mindful Mandalas-RTR MM 3:00 Pet Therapy Session</p>	<p>11 Columbus Day</p> <p>K 9:00 Daily Chronicles -R V 10:00 Exercise "Polka-cize" Club - RTR K 10:30 Cranium Crunches - RTR O 11:00 Monday Drives</p>	<p>12</p> <p>V 10:00 Exercise Club - RTR K 10:30 Cranium Crunches - RTR MM 11:00 Nail Spa - RTR V 11:15 Walk-n-Roll Program K 11:30 Trivia Club - L</p>	<p>13</p> <p>I 9:00 Catholic Communion - RTR V 10:00 Forever Fit-BC/RTR V 11:15 Walk-n-Roll Program K 11:30 Trivia Club - L S 2:00 Popcorn &amp; Movie "The</p>	<p>14</p> <p>V 10:00 Exercise "Polka-Cize Level 2" Club - RTR K 10:30 Cranium Crunches - RTR V 11:15 Walk-n-Roll Program K 11:30 Trivia Club - L</p>	<p>15</p> <p>I 9:30 Catholic Communion &amp; Rosary - RTR V 10:00 WHOGA -BC MM 11:00 Nail Spa - RTR V 11:15 Walk-n-Roll Program K 11:30 Trivia Club - L</p>	<p>16</p> <p>CC Car Show in RP Parking Lot M 9:00 Classic Country Tunes-BC I 10:00 Christian Fellowship Service - RTR</p>
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