7:00 AM Chair Yoga for Seniors (Channel 901) 8:00 AM Morning Prayer A prayer to start the day with God's Blessings (Channel 901)

8:30 AM Catholic Sunday Mass (Channel 901) 9:30 AM Pottstown Presbyterian

Sunday Service (Channel 901) 12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room)

12:30 PM Afternoon Movie (Theater)

1:15 PM Outing to "The Price is Right"

2:00 PM Entertainment w/ Craig Johnson (Dining Room)

2:00 PM 25 Minute Chair Exercises w/ Light Weights (Channel 901) 3:15 PM KUBB Game (Community Room)

6:30 PM Movie Night (Theater) 8:00 PM Evening Meditation for Calm Positive thoughts (Channel

National Angel Food Cake Day HAPPY BĬRTHDAY PERRY **LOOMIS**

8:00 AM 10 Minute Morning Stretch (Channel 901)

9:30 AM MORNING **ENCOURAGEMENT Start Your** Day With God's Blessings - 1 Hour Morning Inspiration to Motivate (Channel 901)

10:30 AM Seated Exercise (Community Room)

12:30 PM Mini Spin Pedal Bike Class (Theater)

1:00 PM Sassy Stitchers (2nd Floor Kitchen) 1:30 PM Bingo (Community Room)

3:00 PM "Just Us Gals" (Theater) 4:00 PM Entertainment w/Tom

on Piano (Living Room) 6:30 PM Shuffleboard (2nd Floor Game Room)

6:30 PM Movie Night (Theater) 9:00 PM "Clear the Clutter" Reduces Stress & Anxiety (Channel 901)

901)

3:30 AM Men's Breakfast (Dining Room)

9:30 AM Errand Express- Walmart-Please sign up in Activity Binder o:oo AM St Gabe's Pre School Coming to do crafts (2nd Floor Kitchen) 10:00 AM St Gabe's Pre School Reading Group (Living Room)

0:30 AM Seated Exercise (Community Room) 2:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room) 2:30 PM Seated Volleyball (Community

Room) :00 PM Bible Study (Theater)

1:00 PM Energizing Chair Yoga (Channel 901) ::00 PM Church Service w/Father Andrew from St Gabe's Church (Theater)

:00 PM Sit and Be Fit "On the Beach' (Channel 901) :00 PM Sing-A-Long w/Robin &

Sharon (Living Room) 3:30 PM Happy Hour (Bottle Bar) :15 PM Cardio Drum Exercise Class w Kim (Community Room) 5:30 PM Movie Night (Theater)

:30 PM Pinochle -Resident Run-All Welcome to Join (3rd Floor Game Room) 6:30 PM Pool League (2nd Floor Game Room) 9:00 PM Relaxing Sleep Meditation (Channel

8:00 AM Safe Stretching

(Channel 901) 9:00 AM 7 Helpful Hand Exercises (Channel 901)

9:00 AM Outing to Otts Nursery to see Mum Mountain

10:00 AM Seated Tai Chi w/Betsv (Community Room)

10:00 AM Vendor Dau Featuring Donna Plowfield w/Fall Items (Living Room)

12:30 PM Jenga (Community Room) 1:30 PM Mini Manicures w/Donna & Michele (2nd Floor Kitchen) 2:00 PM 25 Minute Chair Exercises

w/ Light Weights (Channel 901) 2:30 PM Quarter/Dime Bingo (Community Room)

3:30 PM Meditation to Calm-Reduce Anxiety and Worry (Channel 901)

4:00 PM Dinner Outing to Schmecks Villa

Relaxation (Channel 901)

National Seafood Bisque

5:30 PM Cornhole Resident Run 5:30 PM Movie Night - RESIDENTS CHOICE (Theater) 9:00 PM Instant Calming &

(Channel 901) 9:00 AM Flu Shots

(PDR) 9:00 AM Positive Morning Affirmations (Channel 901)

10:00 AM Senior Chair Fitness (Channel 901)

10:15 AM Strength & Fit w/ Mehae (Community Room)

12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room)

1:30 PM Errand Express -Douglassville Loop

1:30 PM KUBB Game (Community Room)

3:00 PM Entertainment w/ Mossimo Brutto (Atrium) 3:30 PM Happy Hour (Bottle Bar)

6:30 PM Movie Night (Theater) 6:30 PM Pinochle -Resident Run-All Welcome to Join (3rd Floor Game Room)

9:00 PM Peaceful, Relaxing Music for Sleep (Channel 901)

HAPPY BIRTHDAY **DOLORES BATDORF!** WEAR PINK TO SUPPORT

BREAST CANCER AWARE 8:00 AM Back Stretch (Channel 901) 9:00 AM Positive Morning Affirmations (Channel 901)

10:00 AM Senior Chair Fitness (Channel

10:30 AM PINK BAKE SALE TODAY - BENEFITS SUSAN G. KOMEN FUND (Bottle Bar)

10:30 AM Seated Exercise (Community

Welcome (3rd Floor Game Room) 12:30 PM Jenga (Community Room)

Service w/Pastor Greg Frey & Pastor Jim Farnsworth (Theater)

Springstreet Songsters" (Living Room) 3:00 PM Entertainment w/Maria

Damore (Atrium) 3:30 PM Happy Hour (Bottle Bar)

6:30 PM Pinochle -Resident Run-All Welcome to Join (3rd Floor Game

Sleep (Channel 901)

PHYLLIS RATHMAN 14

8:00 AM Morning Stretch (Channel 901)

8:30 AM 30 Minute Whole Body Chair Exercise (Channel 901)

8:30 AM Outing to West Chester University to see the Ballet "Dracula"

10:15 AM Meditation w/Michele (Theater)

12:30 PM Bowling w/Michele (3rd Floor Bridge)

1:00 PM 25 Minute Chair Exercises w/ Light Weights (Channel 901)

2:00 PM Poker (3rd Floor West Rear)

2:30 PM Quarter/Dime Bingo (Community Room)

3:30 PM Rosary (Channel 901) 6:30 PM Shuffleboard (2nd Floor Game Room)

6:30 PM Movie Night (Theater) 9:00 PM Instant Calming & Relaxation (Channel 901)

Cacciatore Day

8:00 AM Chair Stretches (Channel 901)

9:00 AM 20 Minute Qigong Daily Routine for Stretching and Flexibility (Channel 901)

o:00 AM Today is Med Collection Day -Please drop off between 10 & 12

10:30 AM Seated Exercise (Community Room)

12:15 PM Bridge Club- Resident Run-All Welcome (3rd Floor Game Room)

12:30 PM Bingo (Community Room) 2:00 PM Afternoon Movie (Theater) 2:00 PM Cornhole Practice- Resident Run (Community Room)

3:00 PM Chair Dancing- "Can't Stop The Feeling" (Channel 901) 6:30 PM Movie Night (Theater)

6:30 PM Scrabble Club- Resident Run-All Welcome (3rd Floor Game Room)

9:00 PM "Clear the Clutter" Reduces Stress & Anxiety (Channel 901)

HAPPY BIRTHDAY RUSSELL NORRIS

7:00 AM Chair Yoga for Seniors (Channel 901)

8:00 AM Morning Prayer - A prayer to start the day with God's Blessings (Channel 901)

8:30 AM Catholic Sunday Mass (Channel 901)

9:30 AM Pottstown Presbyterian Sunday Service (Channel 901) 12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room)

12:30 PM Afternoon Movie (Theater)

1:00 PM KUBB Game (Community Room)

2:00 PM 25 Minute Chair Exercises w/ Light Weights (Channel 901) 6:30 PM Movie Night (Theater)

8:00 PM Evening Meditation for Calm Positive thoughts (Channel 901)

National Pasta Day 8:00 AM 10 Minute

Morning Stretch (Channel

9:30 AM MORNING **ENCOURAGEMENT Start Your** Day With God's Blessings - 1 Hour Morning Inspiration to

Motivate (Channel 901) 10:15 AM Chair Dancing w/Joanne (Community Room)

1:00 PM Sassy Stitchers (2nd Floor Kitchen)

1:15 PM Bingo (Community Room) 2:30 PM "Just Us Gals" (Theater) 3:30 PM Happy Hour (Bottle

Bar) 4:00 PM Entertainment w/ Tom on Piano (Living

Room) 6:30 PM Shuffleboard (2nd Floor Game Room)

6:30 PM Movie Night (Theater) 9:00 PM "Clear the Clutter" Reduces Stress & Anxiety (Channel 901)

NATIONAL CHOCOLATE CUPCAKE DAY

3:00 AM Morning Stretch (Channel

o:00 AM A Visit from "Fabio" The Therapy Horse (Atrium) 0:00 AM St Gabe's Pre School Coming to do crafts (2nd Floor Kitchen) 10:00 AM St Gabe's Pre School

Reading Group (Living Room) 0:30 AM Seated Exercise (Community Room)

2:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room) 2:15 PM Errand Express- Giant/

Target Please sign up in Activity

2:30 PM Seated Volleyball (Community Room) :00 PM Bible Study (Theater)

:00 PM Energizing Chair Yoga (Channel 2:00 PM Church Service w/Father Andrew from St Gabe's Church

(Theater) :30 PM Movie & Dinner Outing TBA 3:00 PM Sit and Be Fit "On the Beach

(Channel 901) :30 PM Movie Night (Theater) 5:30 PM Pinochle -Resident Run-All Welcome to Join (3rd Floor Game Room) 5:30 PM Pool League (2nd Floor Game Room)

9:00 PM Relaxing Sleep Meditation (Channel

3:00 AM Safe Stretching (Channel 901)

Day

8:30 AM Breakfast w/ the Managers (Bottle Bar) 9:00 AM 7 Helpful Hand Exercises

(Channel 901) 10:00 AM Yucha Hearing Aids-Cleaning & Service (Sign up in

living room) 10:30 AM Blood Pressure Clinic (PDR)

10:30 AM Seated Exercise (Community Room)

12:15 PM Outing to Broadcasting Square - Barnes & Noble, Target, Marshall's, Weiss

2:30 PM Bowling w/Michele (3rd Floor Bridge) 2:00 PM 25 Minute Chair Exercises w/

Light Weights (Channel 901) 2:30 PM Quarter/Dime Bingo (Community Room) 3:30 PM Meditation to Calm-Reduce

Anxiety and Worry (Channel 901) 6:30 PM Cornhole Resident Run 5:30 PM Movie Night - RESIDENTS CHOICE (Theater)

9:00 PM Instant Calming & Relaxation (Channel 901)

(Channel 901)

(Theater)

12:15 PM Bridge Club- Resident Run- All

1:00 PM Non Denominational Church

1:30 PM Entertainment by "The

6:30 PM Movie Night (Theater)

9:00 PM Peaceful, Relaxing Music for

8:00 AM Morning Stretch

8:30 AM 30 Minute Whole Body Chair Exercise (Channel 901)

9:00 AM Errand Express -Douglassville Loop 9:15 AM Meditation w/Donna

10:00 AM Catholic Church Service (Theater) :00 PM 25 Minute Chair Exercises

w/ Light Weights (Channel 901) :00 PM Volunteering at the **Exeter Food Pantry**

:45 PM Pumpkin Painting (2nd Floor Kitchen) 2:00 PM Poker (3rd Floor West

3:30 PM KUBB Game w/Michele (Community Room)

3:30 PM Rosary (Channel 901) 4:00 PM Catholic Church Service (Channel 901)

6:30 PM Movie Night (Theater) 6:30 PM Shuffleboard (2nd Floor Game Room) 9:00 PM Instant Calming &

Relaxation (Channel 901)

8:00 AM Chair Stretches (Channel 901)

9:00 AM 20 Minute Qigong Daily Routine for Stretching and Flexibility (Channel 901)

10:30 AM Seated Exercise (Community Room)

12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room)

12:30 PM Bingo (Community Room) 2:00 PM Cornhole Practice-

Resident Run (Community Room) 2:30 PM Afternoon Movie

(Theater) 3:00 PM Chair Dancing- "Can't Stop The Feeling" (Channel 901) 6:30 PM Movie Night (Theater)

6:30 PM Scrabble Club- Resident Run-All Welcome (3rd Floor Game Room) 9:00 PM "Clear the Clutter"

Reduces Stress & Anxiety

(Channel 901)

October 2022

Donna McDonald-Lifestyle & Leisure Director x5006



8:00 AM Chair Stretches (Channel co.) 8:00 AM Morning Stretch (Channel 8:00 AM Back Stretch (Channel National Boston Cream Diwali HAPPY BIRTHDAY 8:00 AM Safe Stretching National Bolgna Day 901) 901) RICHARD ALMQUIST! Pie Day (Channel 901) o:00 AM St Gabe's Pre School 9:00 AM Positive Morning 8:00 AM 10 Minute Morning 7:00 AM Chair Yoga for 8:00 AM Morning Stretch 9:00 AM 20 Minute Qigong Coming to do crafts (2nd 9:00 AM 7 Helpful Hand Affirmations (Channel 901) Stretch (Channel 901) Seniors (Channel 901) (Channel 901) Floor Kitchen) Daily Routine for Stretching and Exercises (Channel 901) 10:00 AM Senior Chair Fitness (Channel 8:30 AM Ladies Breakfast w/ 8:00 AM Morning Prayer - A prayer o:00 AM St Gabe's Pre School 8:30 AM 30 Minute Whole Body Flexibility (Channel 901) 10:00 AM Seated Tai Chi w/ Donna (Dining Room) Reading Group (Living Room) to start the day with God's Chair Exercise (Channel 901) 10:15 AM Strength & Fit w/ Mehae 10:15 AM Cardio Drumming w/ 9:30 AM MORNING 0:30 AM Seated Exercise (Community Betsy (Community Room) Blessings (Channel 901) (Community Room) 9:00 AM Errand Express **ENCOURAGEMENT Start Your Day** Kim (Community Room) 8:30 AM Catholic Sunday Mass 10:30 AM International 12:15 PM Bridge Club- Resident Run- All -Douglassville Loop With God's Blessings - 1 Hour 12:15 PM Bridge Club- Resident Run- All 12:15 PM Bridge Club- Resident (Channel 901) Welcome (3rd Floor Game Room) Dining Club lunch outing Welcome (3rd Floor Game Room) Morning Inspiration to Motivate 10:15 AM Meditation w/Donna Run- All Welcome (3rd Floor 12:30 PM Massages w/Hailey -call 9:30 AM Pottstown Presbyterian 2:30 PM Errand Express- Lidyl to The Hofbrahaus-(Channel 901) (Theater) Dawn for appointment x5008 Game Room) Please sign up in Activity Binder Sunday Service (Channel 901) 10:15 AM Seated Exercise (Community German cuisine 12:30 PM "Just Us Gals" (Theater) 2:30 PM Mini Manicures w/Donna & (Theater) 12:30 PM Bingo (Community 12:15 PM Bridge Club- Resident Run-Room) 12:30 PM Noodle Ball 1:00 PM 25 Minute Chair Exercises Michele (2nd Floor Kitchen) 4:00 PM Candlelight Happy All Welcome (3rd Floor Game 11:00 AM Outing to The Center at Room) :00 PM Bible Study (Theater) w/ Light Weights (Channel 901) Hour-Entertainment w/Lorri 2:00 PM 25 Minute Chair Spring Street for Lunch & :00 PM Energizing Chair Yoga (Channel 2:00 PM Afternoon Movie Woodward (Bottle Bar & Atrium) 1:30 PM October Birthday Party for Exercises w/ Light Weights Entertainment w/ Chuck 12:30 PM Afternoon Movie (Theater) (Theater) 5:00 PM Halloween Masquerade residents whose birthday is this 2:00 PM Church Service w/Father (Channel 901) Rissmiller 12:30 PM Entertainment by The Candlelight (Everyone eats at 2:00 PM Cornhole Practicemonth (PDR) Andrew from St Gabe's Church 1:00 PM Healthy Talk w/ Mariah 3:00 PM Quarter/Dime Bingo Eurillo School of Music 5pm today) Resident Run (Community 2:00 PM Poker (3rd Floor West (Theater) from Accent Care-Topic Cardiac (Living Room) 6:30 PM After Dinner (Community Room) ::30 PM Bowling w/Michele (3rd Floor Room) Care (Community Room) Rear) Entertainment w/Wahl Street 1:30 PM Art Class w/Kim Bridge) 3:30 PM Meditation to 3:00 PM Chair Dancing- "Can't 1:00 PM Sassy Stitchers (2nd Floor 2:30 PM St Gabe's Halloween 3:00 PM Sit and Be Fit "On the Beach" (Atrium) (Community Room) Calm-Reduce Anxiety and Kitchen) Stop The Feeling" (Channel 901) Parade & Trick or Treating (Channel 901) 6:30 PM Alzheimer's & Dementia 2:00 PM 25 Minute Chair Exercises 2:30 PM Bingo (Community Room) 3:30 PM Happy Hour (Bottle Bar) Worry (Channel 901) 6:30 PM Movie Night (Theater) Support Group (Personal Care (Atrium) w/ Light Weights (Channel 901) 4:00 PM Entertainment w/Tom on 6:15 PM Drum Circle lead by resident 6:30 PM Cornhole Resident Run **Building-Theater**) 3:30 PM Rosary (Channel 901) 6:30 PM Scrabble Club- Resident 2:00 PM Entertainment w/ Kathy Irwin (Community Room) Piano (Living Room) 6:30 PM Movie Night (Theater) 6:30 PM Movie Night -6:30 PM Movie Night (Theater) Run-All Welcome (3rd Floor John Cosentini 5:30 PM Movie Night (Theater) 6:30 PM Movie Night (Theater) 6:30 PM Pinochle -Resident Run-All 6:30 PM Shuffleboard (2nd Floor :30 PM Pinochle -Resident Run-All RESIDENTS CHOICE Game Room) 6:30 PM Movie Night (Theater) 6:30 PM Shuffleboard (2nd Floor Game Welcome to Join (3rd Floor Game Welcome to Join (3rd Floor Game Room) Game Room) 9:00 PM "Clear the Clutter" 8:00 PM Evening Meditation for (Theater) :30 PM Pool League (2nd Floor Game 9:00 PM Instant Calming & 9:00 PM "Clear the Clutter" Reduces 9:00 PM Peaceful, Relaxing Music for Reduces Stress & Anxiety Calm Positive thoughts (Channel 9:00 PM Instant Calming & Relaxation (Channel 901) Stress & Anxiety (Channel 901) 9:00 PM Relaxing Sleep Meditation (Channel Sleep (Channel 901) (Channel 901) Relaxation (Channel 901) Halloween 7:00 AM Chair Yoga for Seniors (Channel 901) 8:00 AM 10 Minute Morning Stretch 8:00 AM Morning Prayer (Channel 901) - A prayer to start the day with 9:30 AM MORNING God's Blessings (Channel 901) **ENCOURAGEMENT Start** 8:30 AM Catholic Sunday Mass Your Day With God's Blessings (Channel 901) - 1 Hour Morning Inspiration to 9:30 AM Pottstown Presbyterian Motivate (Channel 901) Sunday Service (Channel 901) 10:30 AM Seated Exercise 12:15 PM Bridge Club- Resident (Community Room) Run- All Welcome (3rd Floor 12:30 PM Halloween Bingo Game Room) (Community Room) 12:30 PM Afternoon Movie 1:00 PM Sassy Stitchers (2nd (Theater) Floor Kitchen) 2:00 PM 25 Minute Chair 2:00 PM Halloween Trivia & Exercises w/ Light Weights Games (Atrium) (Channel 901) 3:30 PM Boo's, Brews & 2:00 PM Entertainment w/ Tattoos Happy Hour Aaron Gulla on Piano (Bottle Bar) (Living Room) 6:30 PM Movie Night (Theater) 6:30 PM Movie Night (Theater) 6:30 PM Shuffleboard (2nd Floor 8:00 PM Evening Meditation for Game Room) Calm Positive thoughts 9:00 PM "Clear the Clutter" (Channel 901) Reduces Stress & Anxiety (Channel 901) Keystone Villa October 2022 Donna McDonald-Lifestyle & Leisure Director x5006 AT DOUGLASSVILLE A DISTINCTIVE RETIREMENT COMMUNITY