

## SUN

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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 901)

9

**Indigenous Peoples' Day**  
**National Angel Food Cake Day**  
**HAPPY BIRTHDAY 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)

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8:00 AM Morning Stretch (Channel 901)  
**8:30 AM Men's Breakfast (Dining Room)**  
**9:30 AM Errand Express- Walmart- Please sign up in Activity Binder**  
**10:00 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)**  
10:30 AM Seated Exercise (Community Room)  
12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room)  
12:30 PM Seated Volleyball (Community Room)  
1:00 PM Bible Study (Theater)  
1:00 PM Energizing Chair Yoga (Channel 901)  
**2:00 PM Church Service w/Father Andrew from St Gabe's Church (Theater)**  
3:00 PM Sit and Be Fit "On the Beach" (Channel 901)  
**3:00 PM Sing-A-Long w/Robin & Sharon (Living Room)**  
**3:30 PM Happy Hour (Bottle Bar)**  
**6:15 PM Cardio Drum Exercise Class w/Kim (Community Room)**  
6:30 PM Movie Night (Theater)  
6:30 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 901)

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**NATIONAL GUMBO DAY**  
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/Betsy (Community Room)  
**10:00 AM Vendor Day 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**  
6:30 PM Cornhole Resident Run  
6:30 PM Movie Night - RESIDENTS CHOICE (Theater)  
9:00 PM Instant Calming & Relaxation (Channel 901)

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8:00 AM Back Stretch (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/ Mehale (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)

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**HAPPY BIRTHDAY PHYLLIS RATHMAN**  
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)

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**National Chicken Cacciatore Day**  
8:00 AM Chair Stretches (Channel 901)  
9:00 AM 20 Minute Qigong Daily Routine for Stretching and Flexibility (Channel 901)  
**10:00 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)

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**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)

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**National Pasta Day**  
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)  
10:15 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)

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**NATIONAL CHOCOLATE CUPCAKE DAY**  
8:00 AM Morning Stretch (Channel 901)  
**10:00 AM A Visit from "Fabio" The Therapy Horse (Atrium)**  
**10:00 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)**  
10:30 AM Seated Exercise (Community Room)  
12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room)  
**12:15 PM Errand Express- Giant/Target Please sign up in Activity Binder**  
12:30 PM Seated Volleyball (Community Room)  
1:00 PM Bible Study (Theater)  
1:00 PM Energizing Chair Yoga (Channel 901)  
**2:00 PM Church Service w/Father Andrew from St Gabe's Church (Theater)**  
**2:30 PM Movie & Dinner Outing TBA**  
3:00 PM Sit and Be Fit "On the Beach" (Channel 901)  
6:30 PM Movie Night (Theater)  
6:30 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 901)

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**National Seafood Bisque Day**  
8:00 AM Safe Stretching (Channel 901)  
**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**  
12:30 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  
6:30 PM Movie Night - RESIDENTS CHOICE (Theater)  
9:00 PM Instant Calming & Relaxation (Channel 901)

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**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 901)  
**10:30 AM PINK BAKE SALE TODAY - BENEFITS SUSAN G. KOMEN FUND (Bottle Bar)**  
10:30 AM Seated Exercise (Community Room)  
12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room)  
12:30 PM Jenga (Community Room)  
1:00 PM Non Denominational Church Service w/Pastor Greg Frey & Pastor Jim Farnsworth (Theater)  
**1:30 PM Entertainment by "The Springstreet Songsters" (Living Room)**  
**3:00 PM Entertainment w/Maria Damore (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)

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8:00 AM Morning Stretch (Channel 901)  
8:30 AM 30 Minute Whole Body Chair Exercise (Channel 901)  
**9:00 AM Errand Express -Douglassville Loop**  
9:15 AM Meditation w/Donna (Theater)  
**10:00 AM Catholic Church Service (Theater)**  
1:00 PM 25 Minute Chair Exercises w/ Light Weights (Channel 901)  
**1:00 PM Volunteering at the Exeter Food Pantry**  
1:45 PM Pumpkin Painting (2nd Floor Kitchen)  
2:00 PM Poker (3rd Floor West Rear)  
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)

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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)

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October 2022

Donna McDonald- Lifestyle &amp; Leisure Director x5006



SUN	MON	TUE	WED	THUR	FRI	SAT
<b>National Boston Cream Pie Day</b> <b>23</b> 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) <b>12:30 PM Entertainment by The Eurillo School of Music (Living Room)</b> <b>1:30 PM Art Class w/Kim (Community Room)</b> 2:00 PM 25 Minute Chair Exercises w/ Light Weights (Channel 901) <b>2:00 PM Entertainment w/ John Cosentini</b> 6:30 PM Movie Night (Theater) 8:00 PM Evening Meditation for Calm Positive thoughts (Channel 901)	<b>Diwali National Bolgna Day</b> <b>24</b> 8:00 AM 10 Minute Morning Stretch (Channel 901) <b>8:30 AM Ladies Breakfast w/ Donna (Dining Room)</b> 9:30 AM MORNING ENCOURAGEMENT Start Your Day With God's Blessings - 1 Hour Morning Inspiration to Motivate (Channel 901) 10:15 AM Seated Exercise (Community Room) <b>11:00 AM Outing to The Center at Spring Street for Lunch &amp; Entertainment w/ Chuck Rissmiller</b> <b>1:00 PM Healthy Talk w/ Mariah from Accent Care- Topic Cardiac Care (Community Room)</b> 1:00 PM Sassy Stitchers (2nd Floor Kitchen) 2:30 PM Bingo (Community Room) <b>4:00 PM Entertainment w/Tom on Piano (Living Room)</b> 6:30 PM Movie Night (Theater) 6:30 PM Shuffleboard (2nd Floor Game Room) 9:00 PM "Clear the Clutter" Reduces Stress & Anxiety (Channel 901)	8:00 AM Morning Stretch (Channel 901) <b>10:00 AM St Gabe's Pre School Coming to do crafts (2nd Floor Kitchen)</b> <b>10:00 AM St Gabe's Pre School Reading Group (Living Room)</b> 10:30 AM Seated Exercise (Community Room) 12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room) <b>12:30 PM Errand Express- Lidyl Please sign up in Activity Binder</b> 12:30 PM Mini Manicures w/Donna & Michele (2nd Floor Kitchen) 1:00 PM Bible Study (Theater) 1:00 PM Energizing Chair Yoga (Channel 901) <b>2:00 PM Church Service w/Father Andrew from St Gabe's Church (Theater)</b> 2:30 PM Bowling w/Michele (3rd Floor Bridge) 3:00 PM Sit and Be Fit "On the Beach" (Channel 901) <b>3:30 PM Happy Hour (Bottle Bar)</b> <b>6:15 PM Drum Circle lead by resident Kathy Irwin (Community Room)</b> 6:30 PM Movie Night (Theater) 6:30 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 901)	<b>26</b> 8:00 AM Safe Stretching (Channel 901) 9:00 AM 7 Helpful Hand Exercises (Channel 901) 10:00 AM Seated Tai Chi w/ Betsy (Community Room) <b>10:30 AM International Dining Club lunch outing to The Hofbrahaus-German cuisine</b> 12:30 PM Noodle Ball 2:00 PM 25 Minute Chair Exercises w/ Light Weights (Channel 901) 3:00 PM Quarter/Dime Bingo (Community Room) 3:30 PM Meditation to Calm-Reduce Anxiety and Worry (Channel 901) 6:30 PM Cornhole Resident Run 6:30 PM Movie Night - RESIDENTS CHOICE (Theater) 9:00 PM Instant Calming & Relaxation (Channel 901)	<b>27</b> 8:00 AM Back Stretch (Channel 901) 9:00 AM Positive Morning Affirmations (Channel 901) 10:00 AM Senior Chair Fitness (Channel 901) 10:15 AM Strength & Fit w/ Mehao (Community Room) 12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room) <b>12:30 PM Massages w/Hailey -call Dawn for appointment x5008 (Theater)</b> <b>4:00 PM Candlelight Happy Hour-Entertainment w/Lorri Woodward (Bottle Bar &amp; Atrium)</b> <b>5:00 PM Halloween Masquerade Candlelight (Everyone eats at 5pm today)</b> <b>6:30 PM After Dinner Entertainment w/Wahl Street (Atrium)</b> <b>6:30 PM Alzheimer's &amp; Dementia Support Group (Personal Care Building- Theater)</b> 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)	<b>HAPPY BIRTHDAY RICHARD ALMQUIST!</b> <b>28</b> 8:00 AM Morning Stretch (Channel 901) 8:30 AM 30 Minute Whole Body Chair Exercise (Channel 901) <b>9:00 AM Errand Express -Douglassville Loop</b> 10:15 AM Meditation w/Donna (Theater) 12:30 PM "Just Us Gals" (Theater) 1:00 PM 25 Minute Chair Exercises w/ Light Weights (Channel 901) 1:30 PM October Birthday Party for residents whose birthday is this month (PDR) 2:00 PM Poker (3rd Floor West Rear) <b>2:30 PM St Gabe's Halloween Parade &amp; Trick or Treating (Atrium)</b> 3:30 PM Rosary (Channel 901) 6:30 PM Movie Night (Theater) 6:30 PM Shuffleboard (2nd Floor Game Room) 9:00 PM Instant Calming & Relaxation (Channel 901)	<b>29</b> 8:00 AM Chair Stretches (Channel 901) 9:00 AM 20 Minute Qigong Daily Routine for Stretching and Flexibility (Channel 901) 10:15 AM Cardio Drumming w/ Kim (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)
<b>30</b> 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) 2:00 PM 25 Minute Chair Exercises w/ Light Weights (Channel 901) <b>2:00 PM Entertainment w/ Aaron Gulla on Piano (Living Room)</b> 6:30 PM Movie Night (Theater) 8:00 PM Evening Meditation for Calm Positive thoughts (Channel 901)	<b>Halloween</b> <b>31</b> 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 Halloween Bingo (Community Room) 1:00 PM Sassy Stitchers (2nd Floor Kitchen) <b>2:00 PM Halloween Trivia &amp; Games (Atrium)</b> <b>3:30 PM Boo's, Brews &amp; Tattoos Happy Hour (Bottle Bar)</b> 6:30 PM Movie Night (Theater) 6:30 PM Shuffleboard (2nd Floor Game Room) 9:00 PM "Clear the Clutter" Reduces Stress & Anxiety (Channel 901)					

# October 2022

Donna McDonald- Lifestyle & Leisure Director x5006

