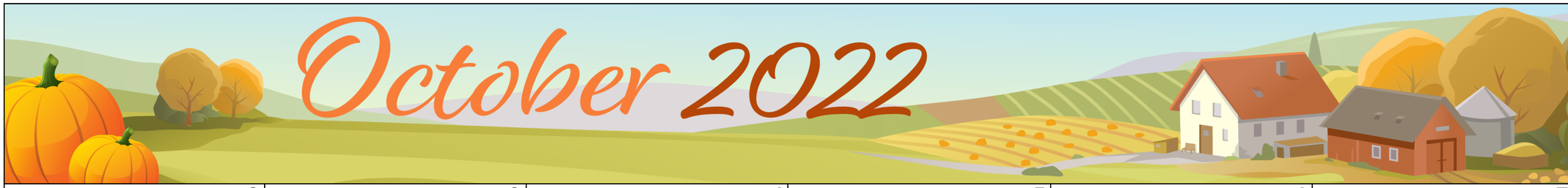
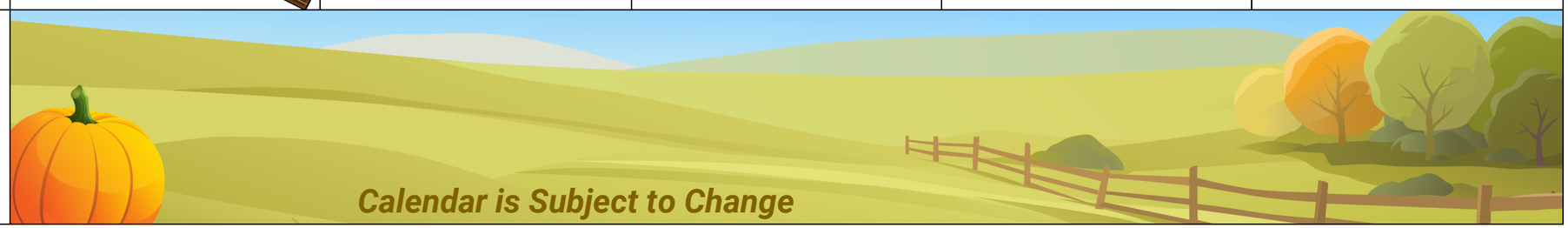


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 **9:00** Qi Gong DVD **10:00** Senior Stretching- RR DVD Seated Exercise **11:00** Seated Yoga DVD- RR **12:30** Wii Bowling- RR **1:00** Wii Bowling- RR **6:00** Saturday Night Movie - RR
2 **9:00** Tai Chi DVD- RR **10:00** Brain Teasers- RR **11:00** Seated Yoga DVD- RR **1:00** Matinee Movie- RR with Popcorn **6:00** Board Games- LB	**OKTOBERFEST ENDS** **3** **9:00** Qi Gong DVD- RR **10:00** Band Exercise w/Tina- RR **11:00** Tai Chi DVD- RR **12:00/12:30** Wii Bowling- RR **1:30** **Activity Talk**- RR **3:00** Pokeno- RR **3:30-6p.m.** **Oktoberfest Dinner- DR** **5:15** Monday Night Football- RR	**4** **9:00** Tai Chi DVD- RR **10:00** Weights & Balance w/Tina-RR **10:30** Jokes & Riddles- RR **12:30** Sing-along with Piano Man Dan- RR **2:00** Bean Bag Baseball- RR **3:30** Bunco- LB **6:00** Resident Game Night- LB	**5** **9:00** Qi Gong DVD- RR **10:00** Band Exercise w/Tina- RR **11:00** Tai Chi DVD- RR **1:00** Karaoke Hour- RR **2:30** Afternoon Bingo- RR **6:00** Residents Card Night- LB	**6** **9:00 a.m. to 11:30 p.m.** **Flu Shot Clinic - LB** **9:00** Catholic Communion- CH **10:00** Weights & Balance w/Tina-RR **12:30/1:00** Wii Bowling- RR **2:30** **Happy Hour~ RR** **with Lincoln Highway Band** **5:15** Thursday Night Football- RR	**7** **9:00** Qi Gong DVD- RR **10:00** Band Exercise w/Tina- RR **12:30** Ceramics- RR **1:00** **Dairy Queen Outing** **2:00** **Horse Races- RR** ***Come Place your Bets!*** **3:30** Afternoon Bingo- RR **6:00** Friday Night Movie- RR 	**8** **9:00** Qi Gong DVD- RR **10:00** Senior Stretching- RR DVD Seated Exercise **11:00** Seated Yoga DVD- RR **12:30** Wii Bowling- RR **1:00** Wii Bowling- RR **6:00** Saturday Night Movie- RR
9 **9:00** Tai Chi DVD- RR **10:00** Brain Teasers- RR **11:00** Seated Yoga DVD- RR **1:00** Matinee Movie- RR with Popcorn **6:00** Board Games- LB	**COLUMBUS DAY** **10** **9:00** Qi Gong DVD- RR **10:00** Band Exercise w/Tina- RR **11:00** Tai Chi DVD- RR **12:00/12:30** Wii Bowling- RR **1:30** Community Project-Candy Bag **3:00** Pokeno- RR **3:30-6p.m.** **Columbus Day Dinner** **5:15** Monday Night Football- RR	**11** **9:00** Seated Massages- CR **9:00** Tai Chi DVD- RR **10:00** Weights & Balance w/Tina-RR **10:30** Spelling Bee- RR **1:00** **Hearing Aid Checks**- LB **2:00** Bean Bag Baseball- RR **3:30** Yahtzee Hour- LB **6:00** Resident Game Night- LB	**12** **9:00** Donut Social- RR **10:00** Band Exercise w/Tina- RR **11:00** Tai Chi DVD- RR **1:00** Golf Putting- RR **2:30** Afternoon Bingo- RR and Raffle Prizes with Kathy **6:00** Residents Card Night- LB	**13** **9:00** Tai Chi DVD- RR **9:00** Catholic Communion- CH **10:00** Weights & Balance w/Tina-RR **10:30** Trivia Challenge- RR **12:30/1:00** Wii Bowling- RR **2:30** **Happy Hour- RR** **with Gary Blodgett** **5:15** Thursday Night Football- RR	**14** **9:00** Qi Gong DVD- RR **10:00** Band Exercise w/Tina- RR **1:00** Bulls Eye Bucket- RR **2:30** **Wine Social- RR** **with Keith Williams** **6:00** Friday Night Movie- RR 	**15** **9:00** Qi Gong DVD- RR **10:00** Senior Stretching- RR DVD Seated Exercise **11:00** Seated Yoga DVD- RR **12:30** Wii Bowling- RR **1:00** Wii Bowling- RR **6:00** Saturday Night Movie- RR
16 **9:00** Tai Chi DVD- RR **10:00** Brain Teasers- RR **11:00** Seated Yoga DVD- RR **1:00** Matinee Movie- RR with Popcorn **6:00** Board Games- LB	**17** **9:00** Qi Gong DVD- RR **10:00** Band Exercise w/Tina- RR **11:00** Tai Chi DVD- RR **12:00/12:30** Wii Bowling- RR **1:30** **Joel Segel Presentation- RR** **Early History of New Mexico** **3:00** Pokeno- RR **5:15** Monday Night Football- RR	**18** **9:00** Tai Chi DVD- RR **10:00** Weights & Balance w/Tina-RR **10:30** Autumn Poetry- RR **12:30** Sing-along with Piano Man Dan- RR **1:30** **Men's Club with Drew- ST** **2:00** Bean Bag Baseball- RR **3:30** Bunco- LB	**19** **9:00** **Starbucks Outing** **9:00** Qi Gong DVD- RR **10:00** Band Exercise w/Tina **11:00** Tai Chi DVD- RR **1:00** Karaoke Hour- RR **2:30** Afternoon Bingo- RR **6:00** Residents Card Night- LB 	**20** **9:00** Tai Chi DVD ~ RR **9:00** Catholic Communion~ CH **10:00** Weights & Balance w/Tina-RR **10:30** Trivia Challenge **12:30/1:00** Wii Bowling~ RR **2:30** **Happy Hour~ RR** **with Collin Hobbs** **5:15** Thursday Night Football- RR	**BREAST CANCER AWARENESS** **21** ***Wear Pink Today!*** **9:00** Qi Gong DVD- RR **10:00** Band Exercise w/Tina **12:30** Ceramics- RR **2:00** **Horse Races- RR** ***Come Place your Bets!*** **3:30** Afternoon Bingo- RR **6:00** Friday Night Movie- RR 	**22** **9:00** Qi Gong DVD- RR **10:00** Senior Stretching- RR DVD Seated Exercise **11:00** Seated Yoga DVD- RR **12:30** Wii Bowling- RR **1:00** Wii Bowling- RR **6:00** Saturday Night Movie- RR
23 **9:00** Tai Chi DVD- RR **10:00** Brain Teasers- RR **11:00** Seated Yoga DVD- RR **1:00** Matinee Movie- RR with Popcorn **6:00** Board Games- LB	**24** **9:00** Qi Gong DVD~ RR **10:00** Band Exercise w/Tina~ RR **11:00** Tai Chi DVD~ RR **12:00/12:30** Wii Bowling~ RR **1:30** **Autumn Crafts**~ RR **3:00** Pokeno - RR **5:15** Monday Night Football~ RR	**25** **9:00** Seated Massages- CR **9:00** Tai Chi DVD- RR **10:00** Weights & Balance w/Tina-RR **10:30** Halloween Fun Facts- RR **1:00** **Candy Bar Madness Tourney** **2:00** Bean Bag Basebal- RR **3:30** Yahtzee Hour- LB **6:00** Resident Game Night 	**26** **9:00** Donut Social- RR **10:00** Band Exercise w/Tina- RR **11:00** **Birthday Brunch - DR** **1:00** **Halloween Sugar Cookie** **Decorating- RR** **2:30** Afternoon Bingo- RR **6:00** Residents Card Night- LB	**27** **9:00** Tai Chi DVD- RR **9:00** Catholic Communion- CH **10:00** Weights & Balance w/Tina-RR **10:30** Trivia Challenge- RR **12:30/1:00** Wii Bowling~ RR **2:30** **HALLOWEEN CELEBRATION** **with Evening Star Band- RR** **5:15** Thursday Night Football- RR	**28** **9:00** Qi Gong DVD- RR **10:00** Band Exercise w/Tina- RR **10:30** Board Decorating **1:00** Bulls Eye Bucket- RR **3:00** Pokeno- RR **3:30** Afternoon Bingo- RR **6:00** Friday Night Movie- RR 	**29** **9:00** Qi Gong DVD- RR **10:00** Senior Stretching- RR DVD Seated Exercise **11:00** Seated Yoga DVD- RR **12:30** Wii Bowling- RR **1:00** Wii Bowling- RR **6:00** Saturday Night Movie- RR
30 **9:00** Tai Chi DVD- RR **10:00** Brain Teasers- RR **11:00** Seated Yoga DVD- RR **1:00** Matinee Movie- RR with Popcorn **6:00** Board Games- LB	**HALLOWEEN** **31** **9:00** Qi Gong DVD- RR **10:00** Band Exercise w/Tina- RR **11:00** Tai Chi DVD- RR **12:00/12:30** Wii Bowling- RR **1:30** **Halloween Costume Contest** **3:00** Pokeno- RR **3:30-6p.m.** **Halloween Dinner- DR** **5:15** Monday Night Football- RR					

RR = Rose Room on the 1st floor, LB = Library on the 1st floor, DR = Dining Room on the 1st floor, CR = Craft Room, 1st floor, ST = Sunset Terrace ~ Events on the calendar are subject to change!