

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



October 2022

Winding Commons Senior Living

	<h1>October 2022</h1> <h2>Winding Commons Senior Living</h2>					<p>1:00pm-Sequence w/Willard-MR 2:00pm-Poker w/Cliff-GR</p> <p>Happy Birthday Kay W</p>
<p>2 9:00am-Tai Chi w/Pati-ER 11:00am-Affordable Fashionable Jewelry Vendor-L 1:00pm-Word Makers-ER 2:00pm-Bridge-MR 2:30pm-Beanbag Baseball-ER</p>	<p>3 9:00am-Full Body Workout-ER 9:45pm-Alpha One Blood Pressure-L 2:30pm-Indoor Golf-ER 7:00pm-Bingo w/Fred-MR</p> <p style="text-align: center;">Yom Kippur Begins</p>	<p>4 9:00am-Weights Workout-ER 9:00am-Chair Massage Therapist-LIB (2nd floor) 11:00am-Resident Birthday Brunch Celebration-DR 3:00pm-Happy Hour w/Todd Morgan 7:00pm-Trivia w/Kay-MR</p>	<p>5 9:00am-Full Body Exercise-ER 1:00pm-Bingo w/Zhanna-MR 10:00am-Wii Bowling-MR 2:30pm-Blackjack w/Cliff-GR 3:00pm-A Stitch in Time-MR</p>	<p>6 9:00am-Weights Workout-ER 9:00am Donuts w/Christine-MR 1:00pm-Pokeno w/Fred-MR 3:00pm-Resident Wine Social-MR 7:00pm-Bingo w/Fred-MR</p>	<p>7 1:00pm-Sequence w/Willard-MR 2:00pm-Poker w/Cliff-GR 3:30pm-Board Games-MR (Monopoly, Cards, Yahtzee, Mexican Train, Uno)</p> <p>Happy Birthday Judith C</p>	
<p>9 3:00pm-Book Chat-LIB (Upstairs 2nd floor)</p> <p style="text-align: center;">Sukkot Begins</p>	<p>10 9:00am-Tai Chi w/Pati-ER 1:00pm-Word Makers-ER 2:00pm-Bridge-MR 2:30pm-Volleyball-ER</p> <p style="text-align: center;">Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)</p>	<p>11 9:00am-Full Body Workout-ER 1:00pm-Sacramento Historical Farm Journal from 1879 Presentation w/Lyn Gulbransen-MR 2:30pm-Corn Hole-ER 7:00pm-Bingo w/Fred-MR</p> <p>Happy Birthday Esther</p>	<p>12 9:00am-Weights Workout-ER 1:00pm-Poker Walk-MR 3:00pm-Happy Hour w/Jerry Lopes 7:00pm-Trivia w/Kay-MR</p>	<p>13 9:00am-Full Body Exercise-ER 1:00pm-Fire Safety Presentation w/Local Fire Station-MR 10:00am-Wii Bowling-MR 2:30pm-Blackjack w/Cliff-GR 3:00pm-A Stitch in Time-MR</p>	<p>14 9:00am-Weights Workout-ER 1:00pm-Pokeno w/Fred-MR 3:00pm-Resident Wine Social-MR 7:00pm-Bingo w/Fred-MR</p> <p style="text-align: center;"></p> <p>Happy Birthday Billie</p>	
<p>16 9:00am-Tai Chi w/Pati-ER 1:00pm-Word Makers-ER 2:00pm-Bridge-MR 2:30pm-Beanbag Baseball-ER</p> <p style="text-align: center;">Simchat Torah Begins</p>	<p>17 9:00am-Full Body Workout-ER 9:45pm-Alpha One Blood Pressure-L 2:30pm-Pie Social-MR 7:00pm-Bingo w/Fred-MR</p>	<p>18 9:00am-Weights Workout-ER 3:00pm-Happy Hour w/DD James 7:00pm-Trivia w/Kay-MR</p>	<p>19 9:00am-Full Body Exercise-ER 1:00pm-Bingo w/Zhanna-MR 10:00am-Wii Bowling-MR 2:30pm-Blackjack w/Cliff-GR 3:00pm-A Stitch in Time-MR</p>	<p>20 9:00am-Weights Workout-ER 1:00pm-Pokeno w/Fred-MR 2:00pm-Craft Class w/Zhanna-PR 3:00pm-Resident Wine Social-MR 7:00pm-Bingo w/Fred-MR</p>	<p>21 1:00pm-Sequence w/Willard-MR 2:00pm-Poker w/Cliff-GR 3:30pm-Board Games-MR (Monopoly, Cards, Yahtzee, Mexican Train, Uno)</p> <p>Happy Birthday Karin G</p>	
 <p>23 9:00am-Tai Chi w/Pati-ER 1:00pm-Word Makers-ER 2:00pm-Bridge-MR 2:30pm-Volleyball-ER 6:00pm-Bridge-MR</p> <p style="text-align: center;">Diwali (Hindi)</p>	<p>24 9:00am-Full Body Workout-ER 1:00pm-Bookmobile (Side entrance parking lot) 2:30pm-Corn Hole-ER 7:00pm-Bingo w/Fred-MR</p>	<p>25 9:00am-Weights Workout-ER 9:00am-Chair Massage Therapist-LIB (2nd floor) 1:00pm-Poker Walk-MR 3:00pm-Happy Hour w/Michelle Devol 7:00pm-Trivia w/Kay-MR</p>	<p>26 9:00am-Full Body Exercise-ER 10:00am-Wii Bowling-MR 2:30pm-Blackjack w/Cliff-GR 3:00pm-A Stitch in Time-MR</p> <p>Happy Birthday Peggy</p>	<p>27 9:00am-Weights Workout-ER 2:00pm-Halloween Party-MR 7:00pm-Bingo w/Fred-MR</p> <p>Vote for your favorite pumpkin all day! Happy Birthday Bob S</p>	<p>28 1:00pm-Sequence w/Willard-MR 2:00pm-Poker w/Cliff-GR</p> <p>Happy Birthday Sharon</p>	
<p>30 9:00am-Tai Chi w/Pati-ER 1:00pm-Word Makers-ER 2:00pm-Bridge-MR 2:30pm-Beanbag Baseball-ER</p> <p>Happy Birthday AJ Happy Birthday Marge</p>	<p>31 9:00am-Tai Chi w/Pati-ER 1:00pm-Word Makers-ER 2:00pm-Bridge-MR 2:30pm-Beanbag Baseball-ER</p> <p>Happy Birthday Judy Halloween</p>	<p>In October we carve pumpkins! Please sign up with Zhanna or Deborah at the front desk if you'd like a pumpkin to carve for the contest. Pick up your pumpkins Tuesday, October 25 and bring them down on Thursday, the 27 to display in the lobby. The winner will be announced at the Halloween Party, October 28.</p> <p>Come dressed in your costume to the Halloween Party on October 28th and enter the costume contest!</p> <p>Wear your costumes on Monday, October 31st, come trick or treating to the office for a sweet treat!</p> <div style="text-align: right;">  </div>				