

OCTOBER 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

01

9:45 Essential Stretch G
10:15 Wacky Wordies G
1:15 Non-Denomination
Worship Service G
2:00 Virtual Concert Series B
4:15 Word Connections B
6:00 Rummikub B

02

9:45 Middletown Errands L
10:30 Mindful Moments
Meditation P
11:00 Babe Ruth Brain
Busters B
2:00 Shopping: Dollar Tree L
2:30 Pattern Bingo G
4:00 Happy Hour B

03

10:00 Total Body Strength G
11:00 Andy Griffith Show
Trivia Challenge G
1:00 Meditative Mandalas G
2:00 Pokeno G
3:15 Essential Stretch G
4:00 Happy Hour B
5:45 Blackjack B
6:45 Roku Movie Night B

04

All Day Salon Open
10:00 Scenic Ride L
11:00 Library Volunteers LIB
1:00 "Yes, I Have" Game G
1:30 Town Hall G
2:30 Bingo G
4:00 Happy Hour B
6:00 Karaoke for a Cure PC

05

9:30 Epiphany Catholic Church G
11:00 Drum Fit G
11:30 Jeopardy Trivia G
12:00 Lunch Bunch Order-in
(order 10am) B
1:30 Beadable Autumn Ballpoint
Pen Workshop G
2:45 Friendly Feud G
4:00 Happy Hour B
5:45 Bunco Night B

06

9:45 Kroger (Plainview) L
10:00 Total Body Strength G
11:00 Flex Your Brain G
1:00 Card Club G
1:30 Out & About: Starbucks L
2:00 Bingo G
4:00 Happy Hour B

07

All Day Brain Challenge
10:00 Circuit Workout with
Kayla G
1:15 30 Ball "Speed" Bingo G
2:15 Who, What, Where? G
2:45 Film Series: The
Illusionist G
4:00 Card Club PC
6:00 Rummikub B

08

9:45 Essential Stretch G
10:15 Wacky Wordies G
1:15 Non-Denomination
Worship Service G
2:00 Virtual Concert Series B
4:15 Play on Words B
6:00 Cornhole P

09

Columbus Day

9:45 Middletown Errands L
10:15 Mindful Moments
Meditation P
10:45 Autumn Tea & Trivia B
1:00 Harry Houdini: Magic,
Mischief, and Mechanical
Engineering G
2:00 Pattern Bingo G
3:15 Balance & Brain Boosters G
4:00 Happy Hour B

10

10:30 Loom Knit Pumpkin
Workshop (register
10/8) G
1:00-2:00 Neck & Shoulder
Massage B
2:15 Pokeno G
3:15 Stretch & Tone G
4:00 Happy Hour B
5:45 Bocce Ball G

11

All Day Salon Open
9:30 Huber's Family Farm &
Restaurant (sign-up 10/10) L
10:45 Morning Yoga Flow G
1:30 Bingo G
3:00 Live Music Happy Hour:
Curtis Williams B
4:15 Trivia Toss B
6:00 Jigsaw Puzzlers GR

12

9:30 Epiphany Catholic Church G
11:00 Drum Fit G
11:30 Jeopardy Trivia G
1:00 Stuck in the Mud (dice
game) B
2:30 Wellness Event with
EmpowerMe G
3:00 Book Club IL
4:00 Happy Hour B
5:45 Bunco Night B

13

10:00 Total Body Strength G
10:30 Lunch: Mike Linnig's
L
11:00 Word Connections G
1:30 Shopping: Kroger
(Middletown) L
1:45 White House History &
Trivia G
2:30 Bingo G
4:00 Happy Hour B

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All Day Brain Challenge
10:00 Circuit with Kayla G
1:15 30 Ball "Speed" Bingo G
2:15 Who, What, Where? G
2:45 Film Series: The
Prestige G
4:00 Card Club PC
6:00 Rummikub B

15

9:45 Essential Stretch G
10:15 Wacky Wordies G
1:15 Non-Denomination
Worship Service G
2:00 Virtual Concert Series B
4:15 Word Connections B
6:00 Cornhole P

16

9:45 Middletown Errands L
10:15 Mindful Moments
Meditation P
10:45 Free Rice Trivia B
1:30 Scenic Ride L
2:00 Pattern Bingo G
3:00 Sculpt-It G
4:00 Happy Hour B

17

10:00 Total Body Strength G
11:00 You Be the Judge G
1:00 Pokeno G
2:00 Movie Matinee G
4:00 Happy Hour B
5:45 Maryhurst Service
Project B

18

All Day Salon Open
9:30 Nature Walk: Wetherby
Park L
11:00 Bookmobile IL
11:30 What's the Wordle? G
1:00 Cheesecloth Ghost
Workshop B
2:00 Bingo G
4:00 Happy Hour B
6:00 Jigsaw Puzzlers GR

19

9:30 Epiphany Catholic
Church G
11:00 Drum Fit G
11:30 Jeopardy Trivia G
1:00 Flu Clinic G
3:00 Meditative Mandalas B
4:00 Happy Hour B
5:45 Bunco Night B

20

10:00 Total Body Strength G
10:45 Lunch Bunch: P.F.
Chang's L
11:00 Flex Your Brain G
1:00 Hand Stretches for
Arthritis G
1:30 Shopping: Target L
2:00 Bingo G
4:00 Happy Hour B

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All Day Brain Challenge
10:00 Circuit Workout with
Kayla G
1:15 30 Ball "Speed" Bingo G
2:15 Who, What, Where? G
2:45 Film Series: Bell, Book,
and Candle G
4:00 Card Club PC
6:00 Rummikub B

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9:45 Essential Stretch G
10:15 Wacky Wordies G
1:15 Non-Denomination
Worship Service G
2:00 Virtual Concert Series B
4:15 Play on Words B
6:00 Cornhole P

23

10:00 Scenic Ride G
10:15 Mindful Moments
Meditation P
10:45 Flex Your Brain B
1:30 Kroger (Plainview) L
2:00 Pattern Bingo G
4:00 Happy Hour B

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10:00 Total Body Strength G
11:00 Flex Your Brain G
1:30 Menu Chat G
2:00 Pokeno G
3:15 Essential Stretch G
4:00 Happy Hour B
5:45 Bocce Ball G
6:45 Roku Movie Night B

25

All Day Salon Open
9:00 Speed Art Museum L
10:00 Total Body Strength G
11:00 Flex Your Brain G
1:00 Hand Stretches for Arthritis G
1:30 Bingo G
2:45 ODU: Rediscovering the
Genius of Picasso G
4:00 Happy Hour B
6:00 Jigsaw Puzzlers GR

26

9:30 Epiphany Catholic
Church G
11:00 Drum Fit G
11:30 Jeopardy Trivia G
1:15 Aprons On: Autumn
Appetizers B
3:30 Who Dunnit Happy Hour G
5:45 Bunco Night B

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10:00 Total Body Strength G
10:45 Lunch: Olive Garden
L
11:00 Frankenstein Brain
Challenge G
1:00 Play on Words G
1:30 Shopping: Meijer L
2:00 Bingo G
3:00 Readers' Theater G
4:00 Feature Cocktail: Franken-
Ritas B

28

All Day Brain Challenge
10:00 Circuit Workout with
Kayla G
1:15 30 Ball "Speed" Bingo G
2:15 Who, What, Where? G
2:45 Film Series: Hugo G
4:00 Card Club PC
6:00 Rummikub B

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9:45 Essential Stretch G
10:15 Wacky Wordies G
10:30 Friends & Family Brunch
(reservations 10/23) DR
1:15 Non-Denomination
Worship Service G
2:00 Virtual Concert Series B
4:15 Put the Past in Order B
6:00 Cornhole P

30

9:45 Middletown Errands L
10:15 Mindful Moments
Meditation P
10:45 Free Rice Trivia B
1:00 Scenic Ride: Hillcrest
Halloween Street L
2:30 Pumpkin Festival O
5:45 Boozy Bingo G

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Halloween

10:00 Dance-Fit: Halloween
Hits G
10:45 Halloween Trivia G
1:00 What's the Wordle? G
2:00 Pokeno G
3:30 Costumes & Cocktails B
5:45 Blackjack B
6:45 Halloween Movie Night G

Meeting Places

B Bistro
G Great Room
GR Game Room
L Lobby
LIB Library
O Outside
P Enclosed Patio
PC Personal Care

Oct. 4: Karaoke for a Cure

Oct. 9 - 22: Resident &
Family Satisfaction Survey

Oct. 14: Walk to End
Alzheimer's at Slugger Field

Oct. 19: Flu Clinic

Oct. 30: Pumpkin Festival

Subject to change. See daily
event sheet for up-to-date-
itinerary.