



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - Christ Church Service 10:30 - Kings in the Corner 1:00 - Dominoes 1:30 - Bridge	9:30 - Shopping Day - Dierbergs 10:00 - Coffee Chat & Cranium Crunches 11:00 - Walk & Talk with Powerback Rehab 1:30 - Dime Bingo 2:00 - Chair Yoga 3:00 - Pinochle 6:00 - Movie	9:30 - Chair Exercise 10:00 - Mass/Rosary 11:00 - Seminar with Powerback 12:30 - Bridge 1:30 - Blackjack 3:30 - Topsy Tuesday 	9:30 - Sit & Stretch 10:30 - Bible Study 11:00 - Lunch Bunch- "Eckerts" - <b>Sign Up</b> 1:00 - Men's Pool (9 Ball) 1:30 - Fall Wreath Craft - <b>Sign Up</b> 3:00 - Cardio Drumming 6:30 - Movie	10:00 - Coffee Chat & Cranium Crunches 11:00 - Exercise w/ Powerback Rehab 1:30 - Monthly Birthday Celebration 3:30 - Thirsty Thursday	9:30 - Ball Exercise 10:00 - Creative Hearts Art Club 1:30 - Dime Bingo 3:00 - Keystone Golden Oldies Chorus Practice 6:30 - Movie 	9:30 - Coffee Chat & Cranium Crunches 10:30 - Wii Bowling
9:30 - Christ Church Service 10:30 - Kings in the Corner 1:00 - Dominoes 1:30 - Bridge	9:30 - Shopping - Aldi 10:00 - Coffee Chat & Cranium Crunches 11:00 - Walk & Talk 1:30 - Bingo - Sponsored by Mary Kay Rep - Sharon Knysak 3:00 - Pinochle 6:30 - Movie Columbus Day (US)	9:30 - Chair Exercise 10:30 - Rosary 10:30 - Presentation by Val Schurman - United Health 11:00 - Blood Pressure Checks w/ Powerback 12:30 - Bridge 1:30 - Blackjack 1:30 - Cooking Demo with Jeanette 3:30 - Topsy Tuesday	9:30 - Sit & Stretch 10:00 - Senior Picnic at Klucker Hall - <b>Sign Up</b> 10:30 - Bible Study 1:00 - Men's Pool (9 Ball) 3:00 - Cardio Drumming 4:00 - Worship Service 6:30 - Movie	10:00 - Coffee Chat & Cranium Crunches - (Humane Society will be here) 11:00 - Exercise w/ Powerback 1:00 - Sing Along w/ Brittany 3:30 - Thirsty Thursday - Bryan Fogg 	9:30 - Men's Coffee 9:30 - Ball Exercise 1:30 - Dime Bingo! 3:00 - Keystone Golden Oldies Chorus Practice 6:30 - Movie	9:30 - Coffee Chat & Cranium Crunches 10:30 - Wii Bowling
9:30 - Christ Church Service 10:30 - Kings in the Corner 1:00 - Dominoes 1:30 - Bridge	9:30 - Shopping Day - Walmart 10:00 - Coffee Chat & Cranium Crunches 11:00 - Walk & Talk 1:30 - Dime Bingo 2:00 - Chair Yoga 3:00 - Pinochle 6:30 - Movie	9:30 - Chair Exercise 10:30 - Rosary 12:30 - Bridge 1:30 - Caregiver Support Group 2:00 - Hymns with Kim 3:30 - Topsy Tuesday - John Scott 	9:30 - Sit & Stretch 10:30 - Bible Study 1:00 - Men's Pool (9 Ball) 1:30 - Presentation - Chris Heffner - "Apollo Moon Landing" 3:00 - Cardio Drumming 6:30 - Movie	10:00 - Coffee Chat & Cranium Crunches 11:00 - Exercise w/ Powerback Rehab 1:00 - Sing Along with Brittany 3:30 - Thirsty Thursday	9:30 - Ball Exercise 1:30 - Dime Bingo - (Wear Pink) 2:30 - Men's Ice Cream Run - B.Y.O.\$\$\$ 3:00 - Keystone Golden Oldies Chorus Practice 6:30 - Murder Mystery Magic Show	9:30 - Coffee Chat & Cranium Crunches 10:30 - Wii Bowling
9:30 - Christ Church Service 10:30 - Kings in the Corner 1:00 - Dominoes 1:30 - Bridge 	9:30 - Shopping Day - Target/Dollar Tree 10:00 - Coffee Chat & Cranium Crunches 11:00 - Walk & Talk w/ Powerback 1:30 - Dime Bingo 2:00 - Chair Yoga 3:00 - Pinochle 6:30 - Movie	9:30 - Bingo at the P.S.O.P. - <b>Sign Up</b> 9:30 - Chair Exercise 10:30 - Mass/Rosary 11:00 - Around the World with Powerback - Brazil 12:30 - Bridge 1:30 - Blackjack 3:30 - Topsy Tuesday	9:30 - Sit & Stretch 10:30 - Bible Study 1:00 - Men's Pool (9 Ball) 1:30 - Honest Abe - Aka Randy Duncan 3:00 - Cardio Drumming 4:00 - Worship Service 5:00 - Out to Dinner - Mungos - <b>Sign Up</b> 6:30 - Movie	10:00 - Coffee Chat & Cranium Crunches 11:00 - Exercise w/ Powerback Rehab 1:30 - Ukulele Babies 3:30 - Thirsty Thursday 6:00 - Family Night - Tammy and The One Man Band	9:30 - Ball Exercise 10:30 - Resident Council Meeting - IL Residents 11:00 - Resident Council Meeting - AL Residents 1:30 - Prize Bingo 2:00 - Book of the Month Meeting 3:00 - Keystone Golden Oldies Chorus Practice 6:30 - Movie	9:30 - Coffee Chat & Cranium Crunches 10:30 - Wii Bowling 
9:30 - Christ Church Service 10:30 - Kings in the Corner 1:00 - Dominoes 1:30 - Bridge	9:30 - Shopping Day - Walmart 10:00 - Coffee Chat & Cranium Crunches 11:00 - Walk & Talk w/ Powerback 1:30 - Candy Bar Bingo 2:00 - Chair Yoga 3:00 - Pinochle 6:30 - Movie	9:30 - Halloween Chair Exercise 10:30 - Boo Bingo 10:30 - Rosary 12:00 Music by Rodney 12:30 - Bridge 1:30 - Blackjack with a Halloween Twist 3:30 - Halloween Party	<div> <h1>October 2023</h1> <h2>AL/IL Activity Calendar</h2> </div>			