

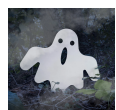



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Oct 1 8:30am-Balance & Stretch-GR 9:00 am - 1:00 pm - Dr Appt - B 9:45 am - Aqua Aerobics P 11:00am - 4:00pm - Swim w/Buddy P 6:30pm - Game Night - GR	Oct 2 8:30am-Flexible Fitness GR 8:30am - 4:00pm - Swim w/Buddy -P 9:00 am - Grocery Shopping - B 1:30pm-Bible Study - GR	Oct 3 8:30 am - Stamina/Strength/Stretch - GR 9:00 am - 1:00 pm - Dr Appt - B 9:45am - Aqua Aerobics - P 11:am - 4:00pm - Swim w/Buddy - P 1:30pm - Mahjong - GR	Oct 4 8:30 am - 4:00pm - Swim w/Buddy - P 11:00am-Kunkel Ambulance - GR Blood Pressure/Sugar Checks 1:30pm Table Tennis - GR	Oct 5
		Oct 6	Oct 7 8:30am - Fitness w/ Lauren GR 8:30am - 4:00pm - Swim w/Buddy - P 10:00am - Pool/Billiards - G 1:30pm - Bingo GR 3:00pm- Book Club - GR "The Lost Bookshop"	Oct 8 8:30am-Balance & Stretch-GR 9:00 am - 1:00 pm - Dr Appt - B 9:45 am - Aqua Aerobics P 10:00 am - BOSCOV's - B 11:00am - 4:00pm - Swim w/Buddy P 6:30pm - Game Night - GR	Oct 9 8:30am-Flexible Fitness GR 8:30am - 4:00pm - Swim w/Buddy - P 9:00 am - Grocery Shopping - B 1:30pm-Bible Study - GR	Oct 10 8:30 am - Stamina/Strength/Stretch - GR 9:00 am - 1:00 pm - Dr Appt - B 9:45am - Aqua Aerobics - P 11:am - 4:00pm - Swim w/Buddy - P 1:00pm - DIY Cupcake Decorating-CR National Cake Decorating Day! 1:30pm - Mahjong - GR
Oct 13 	Oct 14 8:30am - Fitness w/ Lauren GR 8:30am - 4:00pm - Swim w/Buddy - P 10:00am - Pool/Billiards - G 1:30pm - Bingo GR	Oct 15 8:30am-Balance & Stretch-GR 9:00 am - 1:00 pm - Dr Appt - B 9:45 am - Aqua Aerobics P 11:00am - 4:00pm - Swim w/Buddy P 1:00pm- I Love Lucy Shows-T National "I Love Lucy Day" 6:30pm - Game Night - GR	Oct 16 8:30am-Flexible Fitness GR 8:30am - 4:00pm - Swim w/Buddy - P 9:00 am - Grocery Shopping - B 10:00am-12:30pm- United Healthcare Medicare w/Shawn Hitt 1:30pm-Bible Study - GR	Oct 17 8:30 am - Stamina/Strength/Stretch - GR 9:00 am - 1:00 pm - Dr Appt - B 9:45am - Aqua Aerobics - P 10::00 am - Old Kountry Store - B 11:00am - 3:00pm - Swim w/Buddy -P 1:30pm - Mahjong - GR	Oct 18 8:30 am - 2:00pm - Swim w/Buddy - P 1:30pm Table Tennis - GR 1:30pm- Craft-Cardmaking-CR	Oct 19
Oct 20	Oct 21 8:30am - Fitness w/ Lauren GR 8:30am - 4:00pm - Swim w/Buddy-P 10:00am - Pool/Billiards - G 1:30pm - Bingo GR 3:00pm - Needles Niche	Oct 22 8:30am-Balance & Stretch-GR 9:00 am - 1:00 pm - Dr Appt - B 9:45 am - Aqua Aerobics P 6:30pm - Game Night - GR	Oct 23 8:30am-Flexible Fitness GR 8:30am - 4:00pm - Swim w/Buddy -P 9:00 am - Grocery Shopping - B 10:30am-A Caring Voice - GR Navigating Holiday time. 12:30pm - Turning Stone - B 1:30pm-Bible Study - GR	Oct 24 8:30 am - Stamina/Strength/Stretch - GR 9:00 am - 1:00 pm - Dr Appt - B 9:45am - Aqua Aerobics - P 11:30am-Grab n' Go Lunch 1:00pm- Resident Association Super Bingo - GR	Oct 25 8:30 am - 4:00pm - Swim w/Buddy - P 1:30pm Table Tennis - GR	Oct 26
Oct 27	Oct 28 8:30am - Fitness w/ Lauren GR 8:30am - 4:00pm - Swim w/Buddy-P 10:00am - Pool/Billiards - G 1:30pm - Bingo GR	Oct 29 8:30am-Balance & Stretch-GR 9:00 am - 1:00 pm - Dr Appt - B 9:45 am - Aqua Aerobics P 6:30pm - Game Night - GR	Oct 30 8:30am-Flexible Fitness GR 8:30am - 4:00pm - Swim w/Buddy -P 9:00 am - Grocery Shopping - B RESIDENT HALLOWEEN PARTY 4:00PM-6:00PM 	Oct 31 8:30 am - Stamina/Strength/Stretch - GR 9:00 am - 1:00 pm - Dr Appt - B 9:45am - Aqua Aerobics - P 11:am - 4:00pm - Swim w/Buddy - P 1:30pm - Mahjong - GR		

LOCATION KEY
 B = Bus
 BP = Back Patio
 CR = Craft Room
 FC = Fitness Center
 G = Game Room
 GR = Great Room
 L = Library
 P = Pool
 T = Theater

Allure Life
 ♦Healthy♦
 ♦Playful♦
 ♦Social♦
 ♦Creative♦
 ♦Centered♦
 ♦Mindful♦
 ♦Inquisitive♦

OFFICE HOURS
 Monday - Friday
 Saturday
 Sunday
 8:30 am - 4:30 pm
 By Appointment
 CLOSED

ANNOUNCEMENTS & ACTIVITIES

Watch for these upcoming events...
Save the date(s)

Upcoming activities/events, watch for more information:

Tues., Nov. 5th - National Donut Day - Cider Donuts/Cider

Sat., Nov. 9th, 10:00am-2:00pm - Holiday Craft Fair

Mon., Nov 11th, 8:30am - Resident Veterans Ceremony & Breakfast - New Hartford Color Guard will be here.

Thurs., Nov. 21st - Resident Thanksgiving Celebration Dinner



Jillian Ksiadz - Property Manager
Anita Walker - Assistant Manager
Bradley Patterman - Lead Maint
Justin Weaver - Maint Tech
Alexis Cleavland - Housekeeper
Tony Fraccola - Transportation

SCHUYLER DIRECTORY

Office: (315) 266-0145
Fax: (315) 266-0274
Salon: (315) 266-0252
Nikki's Cell: (315)794-0612

