

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



October 2021



<p>8:15am Coffee Club 10:30am Chair Yoga 11:15am Church Service 1:15pm Social Hour 3:00pm Art Bar 4:00pm Kick Back & Relax</p> <p style="text-align: right;">3</p>	<p>8:15am Coffee Club 10:30am Cardio & Mobility 11:00am Concert: Jeff Peters 1:15pm Social Hour 3:00pm Spa Day 4:00pm Kick Back & Relax</p> <p style="text-align: right;">4</p>	<p>8:15am Coffee Club 10:30am Strength & Balance 11:15am Pumpkin Patch Bingo 1:15pm Social Hour 3:00pm Music & Memories 4:00pm Kick Back & Relax</p> <p style="text-align: right;">5</p>	<p>8:15am Coffee Club 10:30am Chair Yoga 11:00am Make homemade doggie treats 1:15pm Social Hour 3:00pm Spa Day 4:00pm Arm Chair Travel</p> <p style="text-align: right;">6</p>	<p>8:15am Coffee Club 10:30am Cardio & Mobility 11:15am Name That Tune: Elvis Edition 1:15pm Social Hour 3:00pm Music & Memories 4:00pm Kick Back & Relax</p> <p style="text-align: right;">7</p>	<p>8:15am Coffee Club 10:30am Strength & Balance 11:00am Concert: Talia Ortega 1:15pm Social Hour 3:00pm Fall Arts & Crafts 4:00pm Arm Chair Travel</p> <p style="text-align: right;">8</p>	<p>8:15am Coffee Club 10:30am Cardio & Mobility 11:15am Word Games 1:15pm Social Hour 3:00pm Music & Memories 4:00pm Kick Back & Relax</p> <p style="text-align: right;">2</p>
<p>8:15am Coffee Club 10:30am Cardio & Mobility 11:15am Church Service 1:15pm Social Hour 3:00pm Creation Station 4:00pm Kick Back & Relax</p> <p style="text-align: right;">10</p>	<p>8:15am Coffee Club 10:30am Strength & Balance 11:00am Create spooky spoons 1:15pm Social Hour 3:00pm Family Feud 4:00pm Kick Back & Relax</p> <p style="text-align: right;">11</p> <p style="text-align: center; font-size: small;">Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)</p>	<p>8:15am Coffee Club 10:30am Chair Yoga 11:00am Concert: Rick Jarrett 1:15pm Social Hour 3:00pm Music & Memories 4:00pm Kick Back & Relax</p> <p style="text-align: right;">12</p>	<p>8:15am Coffee Club 10:30am Cardio & Mobility 11:00am Decorate fabric pumpkins & wooden cats 1:15pm Social Hour 3:00pm Spa Day 4:00pm Arm Chair Travel</p> <p style="text-align: right;">13</p>	<p>8:15am Coffee Club 10:30am Strength & Balance 11:00am Sing-a-long with Paula 1:15pm Social Hour 3:00pm Music & Memories 4:00pm Kick Back & Relax</p> <p style="text-align: right;">14</p>	<p>8:15am Coffee Club 10:30am Chair Yoga 11:15am Pumpkin Patch Bingo 1:15pm Social Hour 3:00pm Fall Watercolor Painting 4:00pm Arm Chair Travel</p> <p style="text-align: right;">15</p>	<p>8:15am Coffee Club 10:30am Cardio & Mobility 11:15am Name That Tune: 60's Edition 1:15pm Social Hour 3:00pm Music & Memories 4:00pm Kick Back & Relax</p> <p style="text-align: right;">16</p>
<p>8:15am Coffee Club 10:30am Strength & Balance 11:15am Church Service 1:15pm Social Hour 3:00pm Art Bar 4:00pm Kick Back & Relax</p> <p style="text-align: right;">17</p>	<p>8:15am Coffee Club 10:30am Chair Yoga 11:00am Create paper bats 1:15pm Social Hour 3:00pm Spa Day 4:00pm Kick Back & Relax</p> <p style="text-align: right;">18</p>	<p>8:15am Coffee Club 10:30am Cardio & Mobility 11:00am Concert: Brynn Albanese 1:15pm Social Hour 3:00pm Music & Memories 4:00pm Kick Back & Relax</p> <p style="text-align: right;">19</p>	<p>8:15am Coffee Club 10:30am Strength & Balance 11:00am Decorate fall salt dough ornaments 1:15pm Social Hour 3:00pm Balloon Tennis 4:00pm Arm Chair Travel</p> <p style="text-align: right;">20</p>	<p>8:15am Coffee Club 10:30am Chair Yoga 11:15am Pumpkin Patch Bingo 1:15pm Social Hour 3:00pm Music & Memories 4:00pm Kick Back & Relax</p> <p style="text-align: right;">21</p>	<p>8:15am Coffee Club 10:30am Cardio & Mobility 11:00am Concert: Ted Waterhouse 1:15pm Social Hour 3:00pm Fall Coloring 4:00pm Arm Chair Travel</p> <p style="text-align: right;">22</p>	<p>8:15am Coffee Club 10:30am Strength & Balance 11:15am Word Games 1:15pm Social Hour 3:00pm Music & Memories 4:00pm Kick Back & Relax</p> <p style="text-align: right;">23</p>
<p>8:15am Coffee Club 10:30am Chair Yoga 11:15am Church Service 1:15pm Social Hour 3:00pm Creation Station 4:00pm Kick Back & Relax</p> <p style="text-align: right;">24</p>	<p>8:15am Coffee Club 10:30am Cardio & Mobility 11:00am Fall Arts & Crafts 1:15pm Social Hour 3:00pm Name That Tune: Oldies Hits 4:00pm Kick Back & Relax</p> <p style="text-align: right;">25</p>	<p>8:15am Coffee Club 10:30am Strength & Balance 11:00am Concert: Les Beck 1:15pm Social Hour 3:00pm Music & Memories 4:00pm Kick Back & Relax</p> <p style="text-align: right;">26</p>	<p>8:15am Coffee Club 10:30am Chair Yoga 11:00am Pumpkin Decorating 1:15pm Social Hour 3:00pm Fall Arts & Crafts 4:00pm Arm Chair Travel</p> <p style="text-align: right;">27</p>	<p>8:15am Coffee Club 10:30am Cardio & Mobility 11:00am Sing-a-long with Paula 1:15pm Social Hour 3:00pm Music & Memories 4:00pm Kick Back & Relax</p> <p style="text-align: right;">28</p>	<p>8:15am Coffee Club 10:30am Strength & Balance 11:15am Pumpkin Patch Bingo 1:15pm Social Hour 3:00pm Halloween Party and Carnival!</p> <p style="text-align: right;">29</p>	<p>8:15am Coffee Club 10:30am Chair Yoga 11:15am Name That Tune: 50's Edition 1:15pm Social Hour 3:00pm Music & Memories 4:00pm Kick Back & Relax</p> <p style="text-align: right;">30</p>
<p>8:15am Coffee Club 10:30am Cardio & Mobility 11:15am Church Service 1:15pm Social Hour 3:00pm Art Bar 4:00pm Kick Back & Relax</p> <p style="text-align: right;">31</p>	<h2 style="color: yellow;">Happy Halloween!</h2> 					