



October 2021

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	 <p>HAPPY fall</p>				<p>National Breast Cancer Awareness Month</p>	
					9:00 - Water Aerobics 1 9:00 - Morning Stretch 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Ping Pong 3:00 - Darts 4:00 - Happy Hour 6:30 - Bingo	2 4:00 Water Walking
3 10:30 Bible Study	9:00 - Water Aerobics 4 9:15 - Resident Council Meeting 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Movie Matinee: "Hampstead" * Start bringing your favorite recipe to the Activity Office to be included in our recipe swap booklet	8:30 - Yoga w/ Lee 5 9:30 - Low Impact Cardio 11:00 - Blood Pressure Checks 1:00 - Happy Stitchers 2:00 - Golf (Bundle Happy Stitcher Donations)	9:00 - Water Aerobics 6 9:30 - Morning Stretch 10:00 - Water Aerobics 2:00 - "Gift of Years"	9:00 - Coffee w/ Lisa 7 10:00 - Coffee w/ Lisa 12:30 - 1:30 - Book Mobile 2:00 - Ladder Ball 2:00 - Croquet *Low Impact Cardio CANCELLED	9:00 - Water Aerobics 8 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Pink Pumpkin Painting Craft 3:00 - Darts 4:00 - Happy Hour 6:30 - Bingo	9 4:00 Water Walking
10 10:30 Bible Study	9:00 - Water Aerobics 11 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Activity Committee Meeting 1:00 - Movie Matinee: "An Unfinished Life"	8:30 - Yoga w/ Lee 12 9:30 - Low Impact Cardio 11:00 - Blood Pressure Checks 1:00 - Happy Stitchers 2:00 - Golf 2:30 - Trivia	9:00 - Water Aerobics 13 9:30 - Morning Stretch 10:00 - Water Aerobics 11:00 - 1:00 - Honey for Sale 1:00 - Phonograph Concert (Don Walizer)	9:30 - Low Impact Cardio 14 1:00 - History Club (George Kirkpatrick) 2:00 - Croquet 2:30 - Ladder Ball	9:00 - Water Aerobics 15 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Resident Show & Tell 1:00 - Resident Show & Tell 3:00 - Darts 4:00 - Happy Hour 6:30 - Bingo	16 4:00 Water Walking
17 10:30 Bible Study	9:00 - Water Aerobics 18 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Movie Matinee: "The Intouchables"	8:30 - Yoga w/ Lee 19 9:30 - Low Impact Cardio 11:00 - Blood Pressure Checks 1:00 - Happy Stitchers 2:00 - Golf	9:00 - Water Aerobics 20 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Nutrition Talk w/ Emily 2:00 - "Gift of Years"	9:30 - Low Impact Cardio 21 12:30 - 1:30 - Book Mobile 2:00 - Tiger Rogers the Saxophonist Performs Again 2:00 - Croquet	9:00 - Water Aerobics 22 9:30 - Morning Stretch 10:00 - Water Aerobics 2:00 - October Fall Festival 3:00 - Darts 4:00 - Happy Hour 6:30 - Bingo *Recipe Swap deadline *Oktoberfest	23 4:00 Water Walking
24 10:30 Bible Study	9:00 - Water Aerobics 25 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Movie Matinee: "The Starling"	8:30 - Yoga w/ Lee 26 9:30 - Low Impact Cardio 11:00 - Blood Pressure Checks 1:00 - Happy Stitchers 1:00 - Mosaic Art Class 2:00 - Golf	9:00 - Water Aerobics 27 9:00 - Morning Stretch Video 9:30 - Breast Cancer Walk Around Lake 10:00 - Water Aerobics 1:30 - Keep It Up! Wear PINK 	10:00 - Guest Speaker: Laura Lee Leathers 28 12:30 - 1:30 - Book Mobile 1:00 - \$1 Bridge Game 2:00 - Croquet *Low Impact Cardio CANCELLED	9:00 - Water Aerobics 29 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Resident Getting to Know You 1:00 - Resident Getting to Know You 3:00 - Darts 4:00 - Happy Hour 6:30 - Bingo WEAR Flannel Day!	30 4:00 Water Walking
31 10:30 Bible Study	You will <u>NO LONGER</u> have to sign - up for activities unless there is a guest speaker, food is involved, or if we think it's necessary. Please pay attention to activity highlight sheets.					