



October



Activity Calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	 OCTOBER BREAST CANCER AWARENESS MONTH		1 8:00 - Morning Coffee 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Virtual Tour Travel Specials 1:00 - Hand and Foot 3:00 - Wednesday Bible Study	2 8:00 - Morning Coffee 8:30 - Yoga w/ Lee 9:30 - Low Impact Cardio w/Klove 10:30 - Tim Stanek Jazz Performance 4:00 - Water Walking	3 8:00 - Morning Coffee 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 11:00 - Lunch Bunch: Keifer's  2:30 - Darts 4:00 - Happy Hour 6:30 - Bingo	4  8:00 Day in the Country 7:30 New Stage 4:00 Water Walking
5 8:00 - Morning Coffee 9:00 - Water Aerobics 9:15 - Residents' Council Meeting 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Songbirds Music Program 1:00 - Movie Matinee: Anna and the King 10:30 Protestant Service		6 10:00 - Coffee w/ Lisa 7 11:00 - BP Checks 1:00 - Happy Stitchers 1:30 - Wii Bowling 3:00 - Men's Bible Study (Dogwood Room) 4:00 - Water Walking	8 8:00 - Morning Coffee 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Virtual Tour Travel Specials 1:00 - Hand and Foot 3:00 - Wednesday Bible Study	9 8:00 - Morning Coffee 8:30 - Yoga w/ Lee 9:30 - Low Impact Cardio w/Klove 10:30 - Sonya Loper and Fran Mitchel Performance 1:00 - History Club 2:30 - Pink Afternoon Snack for Breast Cancer Awareness 4:00 - Water Walking Wear Pink for Breast	10 8:00 - Morning Coffee 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Grands and Gadgets 2:30 - Darts 4:00 - Happy Hour 6:30 - Bingo	11 4:00 Water Walking 3:00 Marine Corp Band Concert 
12 8:00 - Morning Coffee 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Activity Committee Meeting 1:00 - Movie Matinee: Jane Austen's Persuasion 10:30 Protestant Service	13 8:00 - Morning Coffee 8:30 - Yoga w/ Lee 9:30 - Low Impact Cardio w/ KLove 10:00 - BP Checks 1:00 - Happy Stitchers 1:30 - Wii Bowling 3:00 - Men's Bible Study (Dogwood Room) 4:00 - Water Walking 5:00 - Dinner Out: Half Shell 	14 8:00 - Morning Coffee 8:30 - Yoga w/ Lee 9:30 - Low Impact Cardio w/ KLove 10:00 - BP Checks 1:00 - Happy Stitchers 1:30 - Wii Bowling 3:00 - Men's Bible Study (Dogwood Room) 4:00 - Water Walking 5:00 - Dinner Out: Half Shell 	15 8:00 - Morning Coffee 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:00 - Origin Bank 10:30 - Virtual Tour Travel Special 11:00 - 1:00 - Honey for Sale 1:00 - Hand and Foot 3:00 - Wednesday Bible Study	16 8:00 - Morning Coffee 8:30 - Yoga w/ Lee 9:30 - Low Impact Cardio w/Klove 2:00 - Tea Party with Laura Lee Leathers 4:00 - Water Walking	17 8:00 - Morning Coffee 9:00 - Water Aerobics 10:00 - Water Aerobics 10:30 - Show and Tell 1:00 - \$1 Bridge Game 2:30 - Darts 4:00 - Happy Hour 6:30 - Bingo Happy Birthday St. Catherine's Village!!	18 4:00 Water Walking 9:00am Alzheimer's Association Walk
19 8:00 - Morning Coffee 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Movie Matinee: My Dog Skip 10:30 Protestant Service	20 8:00 - Morning Coffee 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Movie Matinee: My Dog Skip	21 8:00 - Morning Coffee 8:30 - Yoga w/ Lee 9:30 - Low Impact Cardio w/Klove 3:00 - Men's Bible Study (Dogwood Room) 1:30 - Wii Bowling 3:00 - Men's Bible Study (Dogwood Room) 4:00 - Water Walking	22 8:00 - Morning Coffee 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Virtual Tour Travel Special 1:00 - Hand and Foot 3:00 - Wednesday Bible Study	23 8:00 - Morning Coffee 9:30 - Low Impact Cardio w/ Klove 10:30 - Pampering with Mary Kay 2:00 - Christ United Ice Cream Social 2:00 - Book Mobile 4:00 - Water Walking	24 8:00 - Morning Coffee 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:00 - Quilters Group 2:00 - Clarinet and Piano Performance 2:30 - Darts 4:00 - Happy Hour 6:30 - Bingo	25 4:00 Water Walking
26 10:30 Protestant Service 3:00 Symphony 	27 8:00 - Morning Coffee 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Movie Matinee: The Sting	28 8:00 - Morning Coffee 8:30 - Yoga w/ Lee 9:30 - Low Impact 1:00 - Happy Stitchers 3:00 - Men's Bible Study (Dogwood Room) 4:00 - Water Walking	29 9:00 - Water Aerobics 10:00 - Water Aerobic 10:00 - Origin Bank 10:30 - Virtual Tour Travel Special 1:00 - Hand and Foot 3:00 - Wednesday Bible Study	30 8:00 - Morning Coffee 8:30 - Yoga w/ Lee 9:30 - Low Impact Cardio w/Klove  1:00 - Nissan Plant Tour 4:00 - Water Walking 4:00 - Current Eventz	31 9:00 - Water Aerobics 10:00 - Water Aerobics 4:00 - Happy Hour 2:00 - Halloween Party 2:30 - Darts 6:30 - Bingo Happy Halloween!	