

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
If you need Materials/Supplies or Assistance with Activities Please call Ext 8317 or Ext 8316	You can find Grievance Forms in front of the Activities Room on the 2nd Floor	Smoking Times: 9:30am 1:30pm 4:00pm	Yom Kippur begins at Sundown Wellness Wednesday 1 10:00 Breathing Exercises U2 10:30 Chair Stretches U2 11:00 Coffee Talk U2 2:30 Make Donut Spiders U3 4:00 Room Visits	Yom Kippur 2 10:00 Target Toss U2 10:30 Coffee & Chronicle U2 11:00 Test your Oct. IQ U2 1:00 Voting Meeting U2 2:30 Big Pins Bowling U2 6:00 After Dark Bingo U2	Physical Therapy Month 3 10:00 Lets get Physical U2 10:30 Cup of Joe U2 11:00 Horoscopes U2 2:00 Music & Dance w/ Nancy from Longevity U1 4:00 Room Visits	BINGO 4 10:00 Saturday Stretches U2 10:30 Coffee Talk U2 11:00 Hangman U2 2:30 Weekend Bingo! U2
Food Service Week 5 10:00 Weekend Update 10:15 Bible Study w/ Pastor Frank & Theresa U2 11:00 Cup of Joe U2 2:00 Salvation Army Visit U2	Residents Rights Month 6 10:00 Good News Gazette U2 with Coffee 11:00 Activity Surprise! U2 2:30 Residents Rights Bingo U2 4:00 Room Visits	Customer Service Week 7 10:00 Coffee Talk U2 10:30 Feeling Lucky Game U2 11:00 What do you think? U2 2:30 Arts & Crafts U3 CC Candy Search & Crafts U2 6:00 UNO After Dark U2	Wellness Wednesday 8 10:00 Breath w/ Hal U2 10:30 Chair Yoga U2 11:00 Coffee & Chats U2 2:30 Apple Mug-licious U1 4:00 Room Visits	Salon is Open by Appt Think Pink 9 10:00 Cup of Joe U2 10:30 Pink's on my Mind U2 11:00 Raise Awareness U2 2:30 Music & Manicures U2 6:00 After Dark Bingo U2	World Mental Health Day 10 10:00 Move & Groove U2 10:30 Coffee Talk U2 11:00 Strong Mental Health U2 2:00 Music & Dance w/ Nancy from Longevity! U1 4:00 Room Visits	BINGO 11 10:00 Saturday Straches U2 10:30 Cup of Joe U2 11:00 1960's Rock Music U2 2:30 Weekend Bingo! U2
 12 10:00 Weekend Update 10:15 Bible Study w/ Pastor Frank & Theresa U2 11:00 Cup of Joe U2 2:30 Fall Coloring U2	Colombus Day Train your Brain Day 13 10:00 Coffee Talk U2 10:30 Rhyme Time U2 11:00 Columbus Day Facts U2 2:30 Quarter Bingo! U2 4:00 Room Visits	Council Meeting Communion Visits 14 10:00 Coffee & Chronicle U2 10:30 Shoofly Game U2 11:00 70's Rock Music U2 2:30 Resident Council U2 6:00 Gin Rummy U2	AA Meeting Tonight 15 10:00 Breath w/ Hal U2 10:30 Chair Stretches U2 11:00 Coffee & Chats U2 2:30 Pumpkin Pie Social U1 4:00 Room Visits 6:00 AA Meeting U2	16 10:00 Cup of Joe U2 10:30 Fall Favorites U2 11:00 Scarecrow Man U2 2:00 Iconic Duos U2 2:30 Card Shark w/ Edia! U2 6:00 After Dark Bingo U2	17 10:00 Move to the Beat U2 10:30 Coffee & Chronicle U2 11:00 Play Lotto! U2 2:00 Music & Dance w/ Nancy from Longevity! U1 4:00 Room Visits	 18 10:00 Saturday Stretches U2 10:30 Coffee Talk U2 11:00 Word Games U2 2:30 Weekend Bingo! U2
 19 10:00 Weekend Update U2 10:15 Bible Study w/ Pastor Frank & Thersa U2 11:00 Cup of Joe U2 2:30 Movie Maitnee U2	BINGO 20 10:00 Good News Gazette U2 with Coffee 11:00 Simon Says U2 2:30 Bingo! U2 4:00 Room Visits	DIWALI 21 10:00 Coffee Talk U2 10:30 Diwali Treats U2 11:00 What is Diwali? U2 2:30 Birthday Monster Bash w/ Live Music- Wild Rose U1 6:00 Word Games U2	Wellness Wednesday 22 10:00 Breath w/ Hal U2 10:30 Chair Yoga U2 11:00 Coffee & Chats U2 2:30 Spooky Shish Kabobs U1 4:00 Room Visits	 23 10:00 Coffee Talk U2 10:30 Compliment Chain U2 11:00 Cards for Staff U2 2:30 Karaoke! U2 6:00 After Dark Bingo U2	 24 10:00 Shake it up! U2 10:30 Coffee & Chronicle U2 11:00 Make us Mummy's! U2 2:00 Thriller Dance w/ Nancy from Longevity! U1 4:00 Room Visits	Make a Difference Day 25 10:00 Saturday Stretches U2 10:30 Cup of Joe U2 11:00 Little Things Matter U2 2:30 Weekend Bingo! U2
Trunk or Treat 26 10:00 Weekend Update U2 10:15 Bible Study w/ Pastor Frank & Theresa U2 11:00 Cup of Joe U2 2:30 Board Games U1	 27 10:00 Coffee & Chronical U2 10:30 What am I? U2 11:00 Finish the Phrase U2 2:30 Spooky Bingo! U2 4:00 Room Visits	Communion Visits 28 10:00 Cup of Joe U2 10:30 Hometown Heros U2 11:00 Halloween Favorites U2 2:30 Arts & Crafts U3 Pumpkin' Deco U2 6:00 Word Games U2	Feel Good Wednesday 29 10:00 Breathing Exercises U2 10:30 Chair Stretches U2 11:00 Coffee & Chats U2 2:30 Family Feud w/Mike C! U2 4:00 Room Visits	Salon is Open by Appt 30 10:00 Cup of Joe U2 10:30 Sweet Memories U2 11:00 Mischief Night U2 2:30 Music & Manicures U2 6:00 After Dark Bingo U2	Happy Halloween 31 10:00 Boogie Time U2 10:30 Scary Movie Trivia U2 11:00 Halloween Memories U2 2:00 Costume Dance Party U1 w/ Nancy from Longevity! 4:00 Room Visits	