

## Sun

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## Sat

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|--|---|---|--|---|--|---|
| <p>1<br/>A 9:00 GENTLE STRETCH<br/>A 1:00 THE BOX<br/>A 2:30 BIG PIG-DICE<br/>A 3:30 TEXT TWIST</p>        | <p>2<br/>A 9:30 Balloon / Beach Ball Toss<br/>A 10:00 Anything Goes<br/>A 10:30 SENIOR FIT<br/>A 1:00 BINGO<br/>A 2:00 ARM CHAIR TRAVEL<br/>GREECE W/ CHEESECAKE</p>  | <p>3<br/>A 9:30 MORNING EXERCISE<br/>A 10:00 Choir Practice<br/>A 1:00 Play Cards! Uno / Crazy 8's<br/>A 2:30 Jigsaw Puzzles<br/>A 3:30 Crossword Puzzles</p>                                 | <p>4<br/>A 9:30 Balloon / Beach Ball Toss<br/>A 10:00 Anything Goes<br/>A 10:30 SENIOR FIT<br/>A 1:00 POKENO<br/>D 3:00 Bible Study &amp; Sing<br/>Chaplain Haney &amp; Marilyn</p>  | <p>5<br/>A 9:30 GENTLE STRETCH<br/>A 10:00 Fresh Flower Arranging<br/>with Leslie<br/>A 2:00 Make Chocolate Covered<br/>Strawberries<br/>A 3:00 Deliver Treats to Neighbors</p> | <p>6<br/>9:30 Morning Walking Group<br/>A 10:30 SENIOR FIT<br/>A 11:00 Flyover Fall Colors<br/>A 2:30 Play Cards! UNO/ Crazy 8s<br/>A 4:00 October Calendar Planning<br/>Committee</p> | <p>7<br/>A 10:00 CHAPLAIN CHAT<br/>A 10:30 Refreshments<br/>A 1:00 CRAZY 8'S<br/>A 2:30 Active Games<br/>A 3:30 SEQUENCE</p>  |
| <p>8<br/>A 9:00 YOGA<br/>A 1:00 UNO<br/>A 2:30 SEQUENCE-DICE<br/>A 3:30 HANG MAN</p>                       | <p>9 Resident Appreciation Week!<br/>CrAzY hAiR DaY!<br/>A 9:00 CRAZY HAIR<br/>EXTRAVAGANZA<br/>A 10:30 SENIOR FIT<br/>A 1:00 EXTREME BINGO!<br/>A 2:00 ARM CHAIR TRAVEL-New<br/>England with Apple Pie &amp; Cider</p> | <p>10 Resident Appreciation Week!<br/>Tie -Dye Tuesday!<br/>A 9:00 MORNING EXERCISE<br/>A 10:00 TIE DYE GLUE ART<br/>A 1:00 VOLLEYBALL<br/>A 2:00 60's Trivia<br/>A 3:00 Crazy 8 Cards</p>    | <p>11 Resident Appreciation Week!<br/>Proud to be an American Day!<br/>O 9:00 WALMART TRIP<br/>A 10:30 SENIOR FIT<br/>A 1:00 POKENO<br/>A 2:00 Red, White, &amp; Blue Art<br/>D 3:00 Bible Study &amp; Sing<br/>Chaplain Haney &amp; Marilyn</p> | <p>12 Resident Appreciation Week!<br/>Twin Day Thursday!<br/>A 9:30 CORE EXERCISE<br/>A 10:00 TWINKIE TUESDAY<br/>A 1:00 KICKBALL<br/>A 2:00 MUSIC THERAPY<br/>WITH EMILY</p>   | <p>13 Resident Appreciation Week!<br/>Sports Fan Friday!<br/>A 10:30 SENIOR FIT<br/>A 2:00 SUNDAE SOCIAL<br/>A 3:30 GREEN THUMB<br/>GARDENERS</p>                                      | <p>14 Resident Appreciation Week!<br/>Silly Socks &amp; Tacky Ties Day!<br/>A 10:00 CHAPLAIN CHAT<br/>A 10:30 Refreshments<br/>A 1:00 THE BOX<br/>A 2:30 Active Games<br/>A 3:30 SEQUENCE</p> |
| <p>15<br/>A 9:00 CORE EXERCISE<br/>A 1:00 GARBAGE CARDS<br/>A 2:30 SPICEY FARKLE<br/>A 3:30 TEXT TWIST</p> | <p>16<br/>A 9:30 Balloon / Beach Ball Toss<br/>A 10:00 Anything Goes<br/>A 10:30 SENIOR FIT<br/>A 1:00 BINGO<br/>A 2:00 ARM CHAIR TRAVEL<br/>EUROPE W/ CINNAMON ROLLS</p>   | <p>17<br/>A 9:30 MORNING EXERCISE<br/>A 10:00 Choir Practice<br/>A 1:00 Play Cards! Uno / Crazy 8's<br/>A 2:30 Jigsaw Puzzles<br/>A 3:30 Crossword Puzzles</p>                                | <p>18<br/>O 9:00 DOLLAR TREE<br/>A 10:30 SENIOR FIT<br/>A 1:00 POKENO<br/>A 2:00 Hydration<br/>D 3:00 Bible Study &amp; Sing<br/>Chaplain Haney &amp; Marilyn</p>  | <p>19<br/>A 9:30 ZUMBA<br/>A 10:00 Crafts with Leslie<br/>A 1:30 Healthy Snack<br/>A 2:00 Name That Tune<br/>A 2:30 Crazy 8 / UNO</p>   | <p>20<br/>A 9:30 Morning Walking Group<br/>A 10:30 SENIOR FIT<br/>A 11:00 Make Chocolate Covered<br/>Frozen Bananas<br/>A 2:00 Frozen Banana Snack</p>                                 | <p>21<br/>A 10:00 CHAPLAIN CHAT<br/>A 10:30 Refreshments<br/>A 1:00 CRAZY 8'S<br/>A 2:30 Active Game<br/>A 3:30 SEQUENCE</p>  |
| <p>22<br/>A 9:00 GENTLE STRETCH<br/>A 1:00 THE BOX<br/>A 2:30 BIG PIG-DICE<br/>A 3:30 TEXT TWIST</p>       | <p>23<br/>A 9:30 Balloon / Beach Ball Toss<br/>A 10:00 Anything Goes<br/>A 10:30 SENIOR FIT<br/>A 1:00 BINGO<br/>A 2:00 ARM CHAIR TRAVEL<br/>IRELAND W/ FISH&amp;CHIPS<br/>R 3:00 ZOOM CALL</p>                         | <p>24<br/>A 9:30 MORNING EXERCISE<br/>A 10:00 Choir Practice<br/>A 1:00 Decorating Party<br/>D 2:00 BIRTHDAY PARTY with<br/>Entertainment<br/>D 2:30 Cupcakes &amp; Ice Cream<br/>Sundaes</p> | <p>25<br/>O 10:00 LUNCH OUTING<br/>A 10:30 SENIOR FIT<br/>A 2:00 Octoberfest YouTube<br/>A 2:30 October Fest Stories<br/>D 3:00 Bible Study &amp; Sing<br/>Chaplain Haney &amp; Marilyn</p>  | <p>26<br/>A 9:30 CHAIR YOGA<br/>A 10:00 Aromatherapy &amp; Hand<br/>Massage<br/>A 10:30 BrainGames<br/>A 2:00 MUSIC THERAPY<br/>WITH EMILY<br/>A 2:30 Cheese &amp; Crackers</p> | <p>27<br/>A 9:30 Morning Walking Club<br/>A 10:30 SENIOR FIT<br/>A 1:00 GREEN THUMB<br/>GARDENERS<br/>R 3:00 ZOOM CALL<br/>A 3:15 GO FISH</p>  | <p>28<br/>A 10:00 CHAPLAIN CHAT<br/>A 10:30 Refreshments<br/>A 1:00 GARBAGE CARDS<br/>A 2:30 Active Games<br/>A 3:30 SEQUENCE</p>   |
| <p>29<br/>A 9:00 YOGA<br/>A 1:00 TEXT TWIST<br/>A 2:30 SEQUENCE-DICE<br/>A 3:30 HANG MAN</p>               | <p>30<br/>A 9:30 Balloon / Beach Ball Toss<br/>A 10:00 Anything Goes<br/>A 10:30 SENIOR FIT<br/>A 1:00 BINGO<br/>A 2:00 ARM CHAIR TRAVEL Indo-<br/>nesian Chicken &amp; Peanut Sauce</p>                                |   |  | <p>HaPpY<br/>BiRtHdAY<br/>Come celebrate our<br/>September birthdays!!!</p>   |  |   |