

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>October 2024</h1>		1	2	3	4	5
		10:00 Standing Balance 1:30 Movie Presentation	10:00 Seniors Strength - Weights 1:00 Fall Decorating <small>Rosh Hashanah Begins</small>	10:00 Tai-Chi 11:00 Make Pumpkin 2:00 Eat the Pumpkin Pie	10:00 Seniors Strength Rotation 10:45 Museum Coffee Hour 1:30 BINGO 3:15 Happy Hour	10:00 Flexibility 11:00 Tabletop Curling 1:30 Art Time 3:00 Mexican Bingo
6	7	8	9	10	11	12
10:00 AM Social 11:00 Maracas Movement 2:00 Axe Throwing 4:00 Hand Strengthening	10:00 Seniors Strength - Bands 11:00 Dance with Nicole 1:30 Cribbage 3:30 Music with Marie	10:00 Standing Balance 1:30 Movie Presentation	10:00 Seniors Strength - Weights 1:30 Fall Drive	10:00 Tai-Chi 11:00 Scripture and Song 2:00 Crystal Bowls with Silvia <i>Alice's Birthday</i>	10:00 Seniors Strength Rotation 11:00 Telerehab 11:00 Marilyn on the Harp 1:30 BINGO 3:15 Happy Hour <small>Yom Kippur Begins</small>	10:00 Flexibility 11:00 Tabletop Curling 1:30 Art Time 3:00 Mexican Bingo
13	14	15	16	17	18	19
10:00 AM Social 11:00 Maracas Movement 2:00 Pumpkin Spiced Lattes 4:00 Hand Strengthening	Gobble Gobble Turkey Lunch 	10:00 Standing Balance 1:30 Movie Presentation	10:00 Seniors Strength - Weights 11:00 Catholic Church Service 2:00 Fall Craft <small>Sukkot Begins</small>	10:00 Tai-Chi 1:30 Dahlia Wakefield Concert	10:00 Seniors Strength Rotation 11:00 Telerehab (sign up required) 1:30 BINGO 3:15 Happy Hour	10:00 Flexibility 11:00 Tabletop Curling 1:30 Art Time 3:00 Mexican Bingo
20	21	22	23	24	25	26
10:00 AM Social 11:00 Maracas Movement 2:00 Ring Toss 4:00 Hand Strengthening	10:00 Seniors Strength - Bands 11:00 Dance with Nicole 1:30 Cribbage 3:30 Music with Marie	10:00 Standing Balance 1:30 Movie Presentation	10:00 Seniors Strength - Weights 11:00 Catholic Church Service 2:00 Singalong	10:00 Tai-Chi Alpine Summit Hosts the Seniors Society Fall Dinner <small>Simchat Torah Begins</small>	10:00 Seniors Strength Rotation 11:00 Telerehab (sign up required) 1:30 BINGO 3:15 Happy Hour	10:00 Flexibility 11:00 Tabletop Curling 1:30 Art Time 3:00 Mexican Bingo
27	28	29	30	31		
10:00 AM Social 11:00 Maracas Movement 1:30 Halloween Craft 4:00 Hand Strengthening	10:00 Seniors Strength - Bands 11:00 Marilyn on the Harp 1:30 Cribbage	10:00 Standing Balance 10:45 Residents Meeting 1:30 Movie Presentation	10:00 Seniors Strength - Weights 11:00 Catholic Church Service 1:30 Pumpkin Carving	10:00 Tai-Chi 10:45 Daycare Parade 1:00 Halloween Parade 2:00 Spooky Party <small>Halloween</small>		