

October 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Subject to Change						
				1 10 – Standing Balance 1:30 – Bingo with 50/50 4 - Cornhole	2 10 – Hand Strength 11 – Canadian Trivia 2 – Crib in the dining room 4 – Catholic Service	3 Ideas for Weekends: Crochet Club Birdwatching Putting Green Book Club Cards Puzzle
4 Ideas for Weekends: Ladder Ball Cornhole Axe Throwing	5 10 – Senior Strength (Mixed Equipment) 1:30 – Gratitude Tree Craft 4 – Walking Club	6 10 – Chair Yoga 1 – Library Program (Craft) 3 – Music and Mocktails	7 10 – Dynamic Walking 11 – Resident Meeting 1:15-3:45 – Community Bus Errands 1:30 – Christian Fellowship 2:30 – Tai Chi	8 10 – Hand Strength 1:30 – Bingo with 50/50 4 – Words in a Word	9 10 – Senior Strength (Weights) 11 – Walking Club 1 – History of Thanksgiving 2:30 – Tele Rehab 4 – Catholic Service	10 Ideas for Weekends: Crochet Club Birdwatching Putting Green Book Club Cards Puzzle
11 Ideas for Weekends: Ladder Ball Cornhole Axe Throwing	12 Thanksgiving No Admin on Site 	13 10 – Standing Balance 1 – Library Program (Crochet Club) 3 – Coffee and Conversation	14 10 – Hand Strength 10:30 – Singing Group 1:15-3:45 – Community Bus Errands 1:30 – Christian Fellowship 2:30 – Walking Club	15 10 – Senior Strength (Bands) 1:30 – Bingo with 50/50 4 – Book Club	16 10 – Flexibility (Full Body) 11:30 – Lunch at Aurora Sushi 2:30 – Tele Rehab 4 – Catholic Service	17 Ideas for Weekends: Crochet Club Birdwatching Putting Green Book Club Cards Puzzle
18 Ideas for Weekends: Ladder Ball Cornhole Axe Throwing	19 10 – Dynamic Walking 11 – Walk uptown for Errands and Coffee 2 – Halloween Trivia 4 – Walking Club	20 10 – Hand Strength 1 – Library Program (Craft) 3 – Music and Mocktails	21 10 - Senior Strength (Joint Rotation) 1:15-3:45 – Community Bus Errands 1:30 – Christian Fellowship 2:30 – Afternoon Movie: <i>The Nightmare Before Christmas</i>	22 10 – Chair Yoga 1:30 – Bingo with 50/50 4 – Ladder Ball	23 10 – Standing Balance 11 – Walking Club 2:30 – Tele Rehab 4 – Catholic Service	24 Ideas for Weekends: Crochet Club Birdwatching Putting Green Book Club Cards Puzzle
25 Ideas for Weekends: Ladder Ball Cornhole Axe Throwing	HALLOWEEN SPIRIT WEEK 26 10 – Hand Strength 2 – Halloween Painting	HALLOWEEN SPIRIT WEEK 27 10 – Senior Strength (Mixed Equipment) 1 – Library Program (Lego Building) 3 – Coffee and Conversation	HALLOWEEN SPIRIT WEEK 28 10 – Flexibility (Lower Body) 10:30 – Singing Group 1:15-3:45 – Community Bus Errands 1:30 – Christian Fellowship 2:30 – Afternoon Movie: <i>Hocus Pocus</i>	HALLOWEEN SPIRIT WEEK 29 10 – Dynamic Walking 1:30 – Spooky Bingo with 50/50 3:30 – Ghost Stories and Spooky Tales	HALLOWEEN SPIRIT WEEK 30 10 – Hand Strength 2 – Halloween Party and Costume Contest 4 – Catholic Service	31 Halloween 