



# OCTOBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>1</b> 9:30 Spiritual Music 9:45 News and Views 1:15 FIT to Pedal® <b>1:45 Sunday Matinee</b> <b>2:00 Ice Cream Social</b>	<b>2</b> 9:30 FIT to Be Strong® 10:30 FIT to Stretch® 1:00 Movement With Music <b>2:00 Creative Cooking</b> 3:00 Beautiful Nails	<b>3</b> 9:30 Morning Munchies 10:00 FIT to Pedal® 10:30 Piano With Adrienne 1:45 Bingo <b>3:15 Music with B.</b>	<b>4</b> 9:00 Music with Meghan 10:15 FIT to Balance® 12:30 Timeless Trivia 1:00 Movement W/Music <b>2:30 Big Screen Movie, ALP</b>	<b>5</b> 9:30 FIT to Be Strong® 10:15 Aromatherapy Hand Massage 12:30 Daily Devotions <b>1:15 Bowling Outing</b> 4:00 Yesterday's Short Stories	<b>6</b> 9:30 Doughnut Shop 9:45 News and Views 10:15 FIT to Stretch® 1:30 Sentimental Reflections 3:00 Happy Hour Performance, MR	<b>7</b> <b>9:15 Holy Catholic Communion</b> 9:30 Brain Busters 1:00 Singalong 2:00 Bingo 3:30 FIT to Balance®	
<b>8</b> 9:30 Spiritual Music 9:45 News and Views 1:15 FIT to Pedal® <b>1:45 Sunday Matinee</b> <b>2:00 Ice Cream Social</b>	<b>COLUMBUS DAY</b> <b>9</b> 9:30 FIT to Be Strong® 10:30 FIT to Stretch® 1:00 Movement With Music <b>2:00 Crafter's Corner</b> 3:00 Beautiful Nails	<b>10</b> 9:30 Morning Munchies 10:00 FIT to Pedal® 10:30 Piano With Adrienne 1:45 Bingo <b>3:15 Music with B.</b>	<b>11</b> 9:00 Music with Meghan <b>10:00 Intro to Tai Chi, ALP</b> 1:00 Movement W/Music 3:30 FIT to Balance® 4:00 Timeless Trivia	<b>12</b> 9:30 FIT to Be Strong® 10:15 Aromatherapy Hand Massage 12:15 Walking Club <b>2:30 Oktoberfest Party</b> 3:30 Did You Know?	<b>13</b> 9:15 Guitar W/ Dan Graves 9:30 Doughnut Shop 10:15 News and Views 10:30 FIT to Stretch® 1:30 Puzzles and Paper 3:00 Happy Hour Performance, MR	<b>14</b> <b>9:15 Holy Catholic Communion</b> 9:30 Brain Busters <b>1:10 Walking Club</b> 2:00 Bingo 3:30 FIT to Balance®	
<b>15</b> 9:30 Spiritual Music 9:45 News and Views 1:15 FIT to Pedal® <b>1:45 Sunday Matinee</b> <b>2:00 Ice Cream Social</b> <b>3:30 Music Meditation, B</b>	<b>16</b> 9:30 FIT to Be Strong® 10:30 FIT to Stretch® 1:00 Movement With Music <b>2:00 Creative Cooking</b> 3:00 Beautiful Nails	<b>17</b> 9:30 Morning Munchies 10:00 FIT to Pedal® 10:30 Piano With Adrienne <b>1:30 Tea With Lori, SFDR</b> 2:15 Bingo <b>3:15 Music with B.</b>	<b>18</b> 9:00 Music with Meghan 10:15 FIT to Balance® 12:30 Timeless Trivia 1:00 Movement W/Music <b>2:30 Monster Bash B-Day Party, ALP</b>	<b>19</b> 9:30 FIT to Be Strong® 10:15 Aromatherapy Hand Massage 12:30 Daily Devotions <b>1:15 Snowbowl Outing</b> 4:00 Yesterday's Short Stories	<b>20</b> 9:30 Doughnut Shop 9:45 News and Views 10:15 FIT to Stretch® 1:30 Sentimental Reflections 3:00 Happy Hour Performance, MR	<b>21</b> <b>9:15 Holy Catholic Communion</b> 9:30 Brain Busters 1:00 Singalong 2:00 Bingo 3:30 FIT to Balance®	
<b>22</b> 9:30 Spiritual Music 9:45 News and Views 1:15 FIT to Pedal® <b>1:45 Sunday Matinee</b> <b>2:00 Ice Cream Social</b>	<b>23</b> 9:30 FIT to Be Strong® 10:30 FIT to Stretch® 1:00 Movement With Music <b>2:00 Crafter's Corner</b> 3:00 Beautiful Nails	<b>24</b> 9:30 Morning Munchies 10:00 FIT to Pedal® 10:30 Piano With Adrienne 1:45 Bingo <b>3:15 Music with B.</b>	<b>25</b> 9:00 Music with Meghan <b>10:00 Intro to Tai Chi, ALP</b> 12:30 Timeless Trivia 1:00 Movement W/Music <b>2:00 Valiant Veterans®, DSDR</b> 3:30 FIT to Balance® 4:00 Movie Time	<b>26</b> 9:30 FIT to Be Strong® 10:15 Aromatherapy Hand Massage 12:15 Walking Club <b>2:30 Hollywood Halloween Party</b> 3:30 Did You Know?	<b>27</b> 9:15 Guitar W/ Dan Graves 9:30 Doughnut Shop 10:15 News and Views 10:30 FIT to Stretch® 1:30 Puzzles and Paper 3:00 Happy Hour Performance, MR	<b>28</b> <b>9:15 Holy Catholic Communion</b> 9:30 Brain Busters <b>1:10 Walking Club</b> 2:00 Bingo 3:30 FIT to Balance®	
<b>29</b> 9:30 Spiritual Music 9:45 News and Views 1:15 FIT to Pedal® <b>1:45 Sunday Matinee</b> <b>2:00 Ice Cream Social</b>	<b>30</b> 9:30 FIT to Be Strong® 10:30 FIT to Stretch® <b>1:00 Pam &amp; Lori's Facials, SFB</b> <b>2:00 Around The World: Germany</b> 3:00 Beautiful Nails	<b>HALLOWEEN</b> <b>31</b> 9:30 Morning Munchies 10:00 FIT to Pedal® 10:30 Piano With Adrienne 1:45 Bingo <b>3:15 Music with B.</b> <b>5:30 Halloween Carnival, ALP</b>	<b>Locations</b> Alpine Room, ALP    Lobby, L Bistro, B            Malapais, MR Desert Sheep        Second Floor Balcony, SFB Dining Room, DSDR    Second Floor Dining Room, SFDR Exercise Room, ER			<b>Birthdays</b> Gene J., 13th Theresa A., 22nd	<b>Calendar events subject to change.</b>