



OCTOBER 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Happy Seniors' Week 10:30 Worship 7:00 Hymn Sing	2 Happy Seniors' Week 9:30-11:30 Alzheimer's Coffee Break-3rd Floor 10:30 Coloring Club 2:00 Knitting 7:00 Cards	3 Happy Seniors' Week 1-3 Spotlight on Seniors 3:00 Yoga 7:00 Crib	4 Happy Seniors' Week 9:45 Shuffleboard 10:30 Bible Study 12:23-2:23 Co-op Bus 11:00 or 2:00- event tbd 7:00 Whist	5 Happy Seniors' Week 10:00 Coffee Hour 10:30 Banking 1:30 SCOA presentation 3:00 Exercise 7:00 Bridge	6 Happy Seniors' Week 9:00 Pancake Breakfast 7:00 Movie Night	7 Happy Seniors' Week 7:00 Bingo
8 10:30 Worship 7:00 Hymn Sing	9 Thanksgiving Holiday-Office Closed 10:30 Coloring Club 2:00 Knitting 7:00 Cards 	10 10:30 Neighborhood Walk 3:00 Yoga 7:00 Crib	11 9:45 Shuffleboard 10:30 Bible Study 2:00 Documentary 7:00 Whist	12 10:00 Coffee Hour 10:30 Banking 3:00 Exercise 7:00 Bridge	13 10:00 Carpet Bowling 11:00 Book Club 1:30 Entertainment-Rec Room 7:00 Movie Night	14 7:00 Bingo
15 10:30 Worship 7:00 Hymn Sing	16 10:30 Coloring Club 2:00 Knitting 7:00 Cards	17 3:00 Yoga 7:00 Crib	18 9:45 Shuffleboard 10:30 Bible Study 2:00 Wellness Wednesday 7:00 Whist	19 10:00 Birthday Party 10:30 Banking 3:00 Exercise 7:00 Bridge 	20 10:00 Carpet Bowling 2:00 Wine and Cheese 7:00 Movie Night 	21 7:00 Bingo
22 10:30 Worship 7:00 Hymn Sing	23 10:30 Coloring Club 2:00 Knitting 7:00 Cards	24 11:00 Halloween Celebration 🎃 3:00 Yoga 7:00 Crib	25 9:45 Shuffleboard 10:30 Bible Study 12:23-2:23 Co-op Bus 2:00 Wellness Wednesday 7:00 Whist	26 10:00 Coffee Hour 10:30 Banking 3:00 Exercise 7:00 Bridge	27 10:00 Carpet Bowling 2:00 Art Class 7:00 Movie Night	28 7:00 Bingo
29 10:30 Worship 7:00 Hymn Sing	30 10:30 Coloring Club 2:00 Knitting 7:00 Cards	31 Halloween 10:30 Bible Study 3:00 Yoga 7:00 Crib 				

Wellness Nurse
See Schedule on 21st Floor

Massage Therapy
Tuesday: 9a.m. to noon
21st Floor

Aqua Size
Monday, Wednesday, and Friday
8:45a.m. and 9:45a.m.

