

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<p>1 9-11 Hobby Time - F 10:00 Music Fitness – W 11:00 Balance / Strength Fitness – W 11:30 Yoga Video Fitness – W <u>12:00 – 3:00 Appointment & Shopping Runs</u> 2:00 Hand Chimes Practice - D</p>	<p>2 <u>9:00 Arboretum Outing (IL)</u> 10:00 Music Fitness – W 10:00 Blood Pressure Clinic 1:00 Cribbage - F 2:00 Hymn-Sing Worship – D 3:30 Catholic Services - 117</p> 	<p>3 <u>8:00 -11:30 Appointment Runs</u> 10:00 Music Fitness – W 11:00 Balance & Strength Fitness – W 1:00 Guys' Game Group – 117 2:00 Resident Department Forum - D</p>	<p>4 <u>9:00 Coffee Connection – L</u> 10:00 Music Fitness – W <u>2:30 Music by Loren Wolfe – D</u> 3:30 Happy Hour & Shuffleboard Games - L</p>	<p>5 <u>9:15 Scenic Drive (IL& AL)</u> 10:00 Music Fitness - W <u>2:00 Harp Music by Elsa - D</u> 6:30 Game Night – D</p>	
<p>6 10:00 Music Fitness – W 2:00 Coffee Connection—D</p> 	<p>7 <u>8:00 – 11:30 Appointment Runs</u> <u>9:30 Coffee Connection – L</u> 10:00 Music Fitness – W 1:00 WOW Group - L (Women of Wisdom) 2:00 Bingo with Dean - D</p>	<p>8 9-11 Hobby Time - F 10:00 Music Fitness – W 11:00 Balance / Strength Fitness – W 11:30 Yoga Video Fitness – W <u>12:00—3:00 Appointment & Shopping Runs Today</u> <u>12:15 Walkover to Catholic Mass with Father 12:30 at BD</u> 2:00 Hand Chimes Practice - D</p>	<p>9 <u>9:15 \$Outing to the Pine Tree Apple Orchard (IL)</u> 10:00 Music Fitness – W 10:00 Blood Pressure Clinic - L 1:00 Cribbage - F 2:00 Worship Study on the "Beatitudes" Lead by Ron Antoine - D 3:30 Catholic Services - 117</p>	<p>10 <u>8:00 -11:30 Appointment Runs</u> 10:00 Music Fitness – W 11:00 Balance & Strength Fitness – W 1:00 Guys' Game Group – 117 2:30 Greeters Meeting - D</p> 	<p>11 National Apple Month <u>9:30 Outing to WB Farmers' Market (IL)</u> <u>9:30 Coffee Connection – L</u> 10:00 Music Fitness – W <u>2:00 – 3rd floor Celebrates "ALL Apartments Full!"</u> 3:00 <u>Apple Cider Happy Hour & Shuffleboard Games - L</u></p>	<p>12 <u>9:15 Scenic Drive (IL& AL)</u> 10:00 Music Fitness - W 6:30 Game Night – D</p>	
<p>13 10:00 Music Fitness – W 2:00 Coffee Connection—D</p>	<p>14 <u>8:00 – 11:30 Appointment Runs</u> <u>9:30 Coffee Connection – L</u> 10:00 Music Fitness – W 1:00 Fit, Fabulous & Female NEW Exercise Class—W 2:00 Bingo with Dean- D</p>	<p>15 9-11 Hobby Time - F 10:00 Music Fitness – W 11:00 Balance / Strength Fitness – W 11:30 Yoga Video Fitness – W <u>12:00 – 3:00 Appointment & Shopping Runs</u> <u>2:00 Public Safety Chats - F</u> <i>Presented by Officer Austin</i></p>	<p>16 10:00 Music Fitness - W 10:00 Blood Pressure Clinic - L <u>9:30 \$ Redwing & Treasure Island Combine Outing (IL)</u> 1:00 Cribbage - F 2:00 Hymn-Sing Worship - D 3:30 Catholic Services - 117</p>	<p>17 <u>8:00 -11:30 Appointment Runs</u> 10:00 Music Fitness – W 11:00 Balance & Strength – W 1:00 Guys' Game Group – 117 <u>2:30 Education Session "Eagles"</u> <i>Presented by Melonie Shipman Traveling Naturalist</i></p>	<p>18 <u>8:45 \$ Men's Breakfast Outing to "3 Squares" (IL, AL, & R)</u> <u>9:30 Coffee Connection – L</u> 10:00 Music Fitness – W 2:00 New Residents' Orientation F 3:30 Happy Hour & Shuffleboard Games—L</p> 	<p>19 <u>9:15 Scenic Drive (IL& AL)</u> 10:00 Music Fitness - W 6:30 Game Night – D</p>	
<p>20 10:00 Music Fitness – W 2:00 Coffee Connection—D</p> 	<p>21 <u>8:00 – 11:30 Appointment Runs</u> <u>9:30 Coffee Connection – L</u> 10:00 Music Fitness – W 2:00 Bingo with Dean- L 2:15 New Explore the MWS BOOKWOMEN - F</p>	<p>22 9-11 Hobby Time - F 10:00 Music Fitness – W 11:00 Balance / Strength Fitness – W 11:30 Yoga Video Fitness – W <u>12:00 to 3:00 Appointment & Shopping Runs</u> 2:00 Hand Chimes Practice - D</p>	<p>23 (All Staff 2-3) 10:00 Music Fitness – W 10:00 Blood Pressure Clinic 1:00 Cribbage - F <u>2:00 Worship Study</u> <u>Lead by Pastor Matt - D</u> 3:30 Catholic Services - 117</p> 	<p>24 <u>8:00 -11:30 Appointment Runs</u> 10:00 Music Fitness – W 11:00 Balance & Strength – W 1:00 Guys' Game Group – 117 2:00 "Technology" - D <i>Presented by Su Stigney</i></p>	<p>25 <u>9:00 Coffee Connection – L</u> 10:00 Music Fitness – W <u>2:30 For the Love of Food - D</u> 3:30 Happy Hour with & Shuffleboard Games - L</p>	<p>26 <u>9:15 Scenic Drive (IL& AL)</u> 10:00 Music Fitness - W 6:30 Game Night Party – D</p>	
<p>27 10:00 Music Fitness – W 2:00 Coffee Connection— D</p>	<p>28 <u>8:00 – 11:30 Appointment Runs</u> <u>9:30 Coffee Connection – L</u> 10:00 Music Fitness – W 1:00 Fit, Fabulous & Female NEW Exercise Class—W 2:00 Bingo with Dean- D</p>	<p>29 9-11 Hobby Time - F 10:00 Music Fitness – W 11:00 Balance / Strength Fitness – W 11:30 Yoga Video Fitness – W <u>12:00 to 3:00 Appointment & Shopping Runs</u> 2:00 Hand Chimes Practice - D</p>	<p>30 10:00 Music Fitness - W 10:00 Blood Pressure Clinic - L <u>10:30 \$ Ladies Lunch Outing to Dock in Stillwater (IL)</u> 1:00 Cribbage - F 2:00 - D 3:30 Catholic Services - 117</p>	<p>31 <u>8:00 -11:30 Appointment Runs</u> 10:00 Music Fitness – W 11:00 Balance & Strength Fitness – W 1:00 Guys' Game Group – 117 2:00 Halloween Event – D</p>	<ul style="list-style-type: none"> • Independent Table Games are not listed on Calendar unless open to all. Check Game Night on Saturday to form new groups . • Programs subject to change. See daily sheet for current information! • See Meal Reservation Book for serving times including theme meals. 		
							<p>KEY D Dining Area O Outside W Wellness Center Bistro" F Fireside of Dining L Library/ Pub Lo Lobby</p> <p>G Gazebo Or Outside W Wellness Center / Or () FYI 117 Temporary Room TBA To Be Announced Color Outing Specials</p> <p>\$ Need Money for Outing or Event \$\$ Billable Outing BD - Brightondale R - Reflections IL - Independent Living AL- Assisted Living</p>