


October 2024 - Assisted Living/Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CR First Floor Community Room FF First Floor Community Room SF Second Floor Gym SP second floor pub		10:00 Church Service [CR] 1 10:00 Cribbage Group! [SP] 11:00 Chair Yoga [SF] 3:30 Happy Hour & Fall Treats! [SF]	10:00 Chair Yoga! [SF] 2 10:30 Spark Challenge overview [SP] 2:00 Bingo! [CR] 3:00 Team Trivia! [FF]	10:00 Chair Yoga! [SF] 3 10:30 Coffee & Arm Chair Travels! [SP] 1:00 Netflix Mystery Series In The Pub! 3:30 Happy Hour! [SF]	10:00 Chair Yoga! [SF] 4 10:30 Jeopardy in the Pub! [SP] 1:00 Fall Flowers! [SP] 2:00 Bingo! [FF]	10:00 Open Gym! [SF] 5 10:30 Trivia in the Pub with Betsy! [SP] 3:00 LifeTime Movies & Popcorn! [SP]
10:00 Open Gym! [SF] 6 3:00 Cookies & Fall movies in the Pub! [SP]	10:00 Chair Yoga! [SF] 7 10:30 Trivia Time! [SP] 1:00 Card Games in the Pub! 3:00 Pumpkin Painting & Apple Cider [SP]	10:00 Church Service [CR] 8 10:00 Cribbage Group! [SP] 11:00 Chair Yoga [SF] 1:00 Spark Challenge Scrimmage game! [SP] 3:30 Happy Hour! [SF]	10:00 Chair Yoga! [SF] 9 1:00 Spark Challenge Whizzer Game! [SP] 2:00 Cocktails with Live Music from Les Blake! [FF]	10:00 Chair Yoga! [SF] 10 10:30 Coffee & Arm Chair Travels! [SP] 1:00 Netflix Mystery Series In The Pub! 3:30 Happy Hour! [SF]	10:00 Chair Yoga! [SF] 11 10:30 Jeopardy in the Pub! [SP] 1:30 Anmodt's Apple Farm Trip!	10:00 Chair Yoga! [SF] 12 10:30 Trivia with Toni! [SP] 1:00 Bingo! [FF]
10:00 Chair Yoga! [SF] 13 10:30 Trivia with Toni! [SP] 1:00 Bingo! [FF]	Columbus Day 14 10:00 Chair Yoga! [SF] 10:30 Trivia Time! [SP] 1:00 Cooking Demo- Pumpkin Spice Cookies! [SP] 3:00 Sip & Paint!- Fall CenterPieces for the dining room! [FF]	10:00 Church Service [CR] 15 10:00 Cribbage Group! [SP] 11:00 Chair Yoga [SF] 1:00 Therapy Horse visit on the Patio! [FF] 1:00 Spark Challenge Deep Dive! [SP] 3:30 Happy Hour! [SF]	10:00 Chair Yoga! [SF] 16 1:00 Spark Challenge Arm Crank! [SP] 2:00 Bingo! [CR] 3:00 Team Trivia! [FF]	10:00 Chair Yoga! [SF] 17 10:30 Coffee & Arm Chair Travels! [SP] 1:00 Netflix Mystery Series In The Pub! 3:30 Happy Hour! [SF] 5:30 Movie Night!- Knives Out	10:00 Chair Yoga! [SF] 18 10:30 Jeopardy in the Pub! [SP] 12:30 Cub Foods Shopping Trip! 1:00 Spark Challenge Really Big Show! 2:00 Bingo! [FF]	10:00 Open Gym! [SF] 19 10:30 Halloween Trivia with kali! [SP]
10:00 Open Gym! [SF] 20 10:30 Make your own Candy Corn mix!	6:00 COVID & FLU VACCINATION CLINIC 21 10:00 Chair Yoga! [SF] 10:30 Trivia Time! [SP] 1:00 Art Fair! - in the Pub! [SP] 3:00 Resident Council [FF]	10:00 Church Service [CR] 22 10:00 Cribbage Group! [SP] 11:00 Chair Yoga [SF] 1:00 Art Fair! - in the Pub! [SP] 1:00 Spark Challenge Deep Dive! [SP] 1:30 Chef Chat! [FF] 3:30 Happy Hour! [SF]	10:00 Chair Yoga! [SF] 23 1:00 Spark Challenge Leg Crank! [SP] 2:00 Bingo! [CR] 3:00 Team Trivia! [FF]	10:00 Chair Yoga! [SF] 24 10:30 Coffee & Arm Chair Travels! [SP] 1:00 Netflix Mystery Series In The Pub! 3:30 Happy Hour! [SF]	10:00 Chair Yoga! [SF] 25 10:30 Jeopardy in the Pub! [SP] 1:00 Spark Challenge Really Big Show! 2:00 Bingo! [FF] 3:00 Activites Resident Council [FF]	10:00 Chair Yoga! [SF] 26 10:30 Trivia with Toni! [SP] 12:00 Art Fair! - In the Pub!
10:00 Chair Yoga! [SF] 27 10:30 Decorating Trick or Treat bags! [SP] 12:00 Art Fair! - in the Pub! [SP]	10:00 Chair Yoga! [SF] 28 10:30 Trivia Time! [SP] 1:00 Cookie Decorating in the Pub! [SP] 3:00 Sip & Paint! [FF]	10:00 Church Service [CR] 29 10:00 Cribbage Group! [SP] 11:00 Chair Yoga [SF] 1:00 Spark Challenge Deep Dive! [SP] 3:30 Happy Hour! [SF]	10:00 Chair Yoga! [SF] 30 1:00 Spark Challenge Grip Games! [SP] 2:00 Bingo! [CR] 3:00 Team Trivia! [FF] 4:00 Trunk Or Treat!	Halloween 31 10:00 Chair Yoga! [SF] 10:30 Coffee & Arm Chair Travels! [SP] 1:00 Netflix Mystery Series In The Pub! 3:30 Halloween Party Happy Hour! [SP]	 <ul style="list-style-type: none"> EM Emotional EN Enviromental IN Intellectual PH Physical VO Vocational SO Social SP Spiritual HO Holiday 	