October 2024

Gardens

Exercise Schedule

Mondays – Gym Guyz
1 PM – Strength & Balance
1:35 PM – Core
Tuesdays & Thursdays
9:30 AM - Home Health Exercise

Wednesdays – Vitality in Motion
1:30 PM – Dancercise (Cardio)
Fridays – Vitality in Motion
1:30 PM – Balance & Stretch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 11:00 Ted Talk Tuesdays A Virtual Experience – LR 1:00 Bill on Piano – LR 2:30 Jewelry with Judy – 4MPR Library Drop Off Day	**2** 10:30 Button Making with Resident, Mr. Steve – 4MPR 3:15 Bible Study with Reverend Harry – 4MPR 7:00 Bible Study – 4MPR 6:30 Rosary – Chapel	**3** 9:00 Shopping 2:00 Wii Bowling – 3FC 2:00 Marybel on Piano – LR 2:00 Wine Hour – LR 3:00 Duo Dog Visit: Gloria and Bean	**4** 1:30 – 2:30 DJ Q with Lemonade – LR 7:00 Card Games –LR 7:00 Bridge Game – 4MPR	**5** 1:30 Wii Bowling – 3FC 2-3:30 Drawing Class with Phyllis – 4MPR 7:00 BGRC Movie – LR
6 10:30 Catholic Communion – 3FC 2:00 Game Day – 4MPR 7:00 BGRC Movie – LR	**7** 2:30 BGRC General Meeting (DR) NO DOCUMENTARY TODAY 7:00 Movie – LR 7:15 Wii Bowling – 3FC	**8** NO TED TALK TODAY 9A-2P FLU CLINIC – LR 1:00 Bill on Piano – LR 2:30 Room with a Bloom – Missouri Wildflowers – 4MPR (Sign up in the Activity Book) 7:00 Dollar Bingo – 4MPR	**9** Pizza Ticket Sales: 10A-12P & 1P-2P 12:50 Podiatrist Visits - Sunroom 2:00 Birthday Happy Hour with "The Queens of Swing" - DR 3:15 Bible Study with Reverend Harry – 4MPR 7:00 Bible Study – 4MPR 6:30 Rosary – Chapel	**10** 9:00 Shopping Pizza Ticket Sales: 10A-12P & 1P-2P 2:00 Wii Bowling – 3FC 2:00 Marybel on Piano – LR 2:00 Wine Hour – LR 3:00 Book Club – 4MPR 3:00 Duo Dog Visit: Bill and Lucky	**11** 1:30 – 2:30 DJ Q with Lemonade – LR 3:00 Book Club – 4MPR 7:00 Card Games –LR 7:00 Bridge Game – 4MPR	**12** 1:30 Wii Bowling – 3FC 2-3:30 Drawing Class with Phyllis – 4MPR 7:00 BGRC Movie – LR
13 10:30 Catholic Communion – 3FC 2:00 "99" Cards – 2nd Floor Card Room 5:00 Pizza Pickup in the Lobby 7:00 BGRC Movie – LR	**14** 2:30 Documentary - LR 7:00 Movie – LR 7:15 Wii Bowling – 3FC	**15** 10:30 Lunch at the Pere Marquette Lodge with Scenic Drive Following (Sign up in Activity Book) 11:00 Ted Talk Tuesdays A Virtual Experience – LR 1:00 Bill on Piano – LR Library Drop Off Day	**16** 10:30 Button Making with Resident, Mr. Steve – 4MPR 2:00 Phyllis M and Phyllis F to Perform - LR 3:15 Bible Study with Reverend Harry – 4MPR 7:00 Bible Study – 4MPR 6:30 Rosary – Chapel	**17** 9:00 Shopping 2:00 Wii Bowling – 3FC 2:00 Marybel on Piano – LR 2:00 Wine Hour – LR 3:00 Duo Dog Visit: Bill and Lucky	**18** 1:30 – 2:30 DJ Q with Lemonade – LR 3:00 Word Games with Garie – 4MPR 7:00 Card Games –LR 7:00 Bridge Game – 4MPR	**19** 1:30 Wii Bowling – 3FC 2-3:30 Drawing Class with Phyllis – 4MPR 3:30 Lutheran Communion - Chapel 7:00 BGRC Movie – LR
20 10:30 Catholic Communion – 3FC 2:00 Game Day – 4MPR 5:00 Rivertown Sound to Perform - DR 7:00 BGRC Movie – LR	**21** 2:30 "Voice of the Mountains: Jeanne Robert Foster, an Adirondack Legacy" performed by Eileen Mack - DR 7:00 Movie "Meet Me in St. Louis" – LR 7:15 Wii Bowling – 3FC	**22** 11:00 Ted Talk Tuesdays A Virtual Experience – LR 1:00 Bill on Piano – LR 1:00 Scenic Bus Tour of St. Louis with Discovery Tours Sign up in Activity Book 7:00 Dollar Bingo – 4MPR	**23** 2:00 Steve Haupt to Perform – DR 3:15 Bible Study with Reverend Harry – 4MPR 7:00 Bible Study – 4MPR 6:30 Rosary – Chapel	**24** 9:00 Shopping 12:30 Birthday Lunch – Small Dining Room 2:00 Wii Bowling – 3FC 2:00 Marybel on Piano – LR 2:00 Wine Hour – LR 3:00 Duo Dog Visit: Gloria and Bean	**25** 10:30 Lunch at the Pere Marquette Lodge with Scenic Drive Following (Sign up in Activity Book) 1:30 – 2:30 DJ Q with Lemonade – LR 7:00 Card Games –LR 7:00 Bridge Game – 4MPR	**26** 1:30 Wii Bowling – 3FC 2-3:30 Drawing Class with Phyllis – 4MPR 7:00 BGRC Movie – LR
27 10:30 Catholic Communion – 3FC 2:00 "99" Cards – 2nd Floor Card Room 7:00 BGRC Movie – LR	**28** 2:30 Winged Friends Presentation with The Wild Bird Sanctuary - LR *Live Birds Will Be Present* 7:00 Movie – LR 7:15 Wii Bowling – 3FC	**29** 11:00 Ted Talk Tuesdays A Virtual Experience – LR 1:00 Bill on Piano – LR 2:00 Halloween Happy Hour with "Deb Sharn" Wear Your Costume! 3:00 Men's Club – 4MPR	**30** 10:30 Button Making with Resident, Mr. Steve – 4MPR 3:15 Bible Study with Reverend Harry – 4MPR 7:00 Bible Study – 4MPR 6:30 Rosary – Chapel	**31** 9:00 Shopping 2:00 Wii Bowling – 3FC 2:00 Marybel on Piano – LR 2:00 Wine Hour – LR 2:30 Entertainment by Steve Haupt for Halloween - DR		

Ciara's E-Mail:
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Key: Outing Special Meal Activity Happy Hour BGRC Special Activity Location: (FC) Fitness Center, (CH) Chapel, (4MPR) 4th Floor Multipurpose Room, (LR) Living Room, (DR) Dining Room