

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October



		<p>1 Chair Yoga 10am (MPR)</p>	<p>2 Lewis and Clark Boathouse \$5/person & Lunch Outing. Departure 10am. Bingo 7pm (MPR)</p>	<p>3 HasFit Fitness Class 10am (MPR)</p>	<p>4 Fitness Fundamentals 9:30am (MPR) Fire Dog at the Gazebo</p>	<p>5 </p>
<p>6  United Way Fundraiser</p>	<p>7 Resident Meeting 10am (MPR) Schnucks 11am Walking Group 2pm</p>	<p>8 Chair Yoga 10am (MPR) Soup Sampler in MPR \$5 per person</p>	<p>9 Holocaust Museum Outing Lunch @ Grassi's Restaurant. 10am departure Game Night 7pm</p>	<p>10 HasFit Fitness Class 10am (MPR) Bake Sale – Room 100 10am – 4pm</p>	<p>11 Fitness Fundamentals 9:30am (MPR) Trolley Tour STL And Lunch in Delmar loop. Departure 10am</p>	<p>12</p>
<p>13 Happy Birthday, Marian Rose! Happy 40th Wedding Anniversary to Larry & Diane Grooms! Dessert at 2pm in the MPR</p>	<p>14 Schnucks 11am Resident Meeting 2pm (MPR)</p>	<p>15 Chair Yoga 10am (MPR) </p>	<p>16 Library, Walgreens, Bank Shuttle Run 12-2pm Bingo 7pm (MPR)</p>	<p>17 HasFit Fitness Class 10am (MPR)</p>	<p>18 Fitness Fundamentals 9:30am (MPR)</p>	<p>19 Donuts in Room 100 10am</p>
<p>20</p>	<p>Happy Birthday, Sarah! 21 Resident Meeting 10am (MPR) Schnucks 11am Walking Group 2pm</p>	<p>Happy Birthday, Marilyn Turner! 22 Flu Shot Clinic 9-11am (MPR) Chair Yoga 10am (MPR) Acrylic Painting Class 2pm (MPR)</p>	<p>23 Stuckmeyers and Red Robin Outing. Departure 10am. Game Night 7pm (Room 100)</p>	<p>24 HasFit Fitness Class 10am (MPR) Oktoberfest Birthday Happy Hour! 3pm (MPR)</p>	<p>25 Fitness Fundamentals 9:30am (MPR) Trader Joes 10:30am</p>	<p>26</p>
<p>27 BYOB Pacific Place Trivia Night! MPR 4pm </p>	<p>28 Schnucks 11am Resident Meeting 2pm (MPR)</p>	<p>29 Chair Yoga 10am (MPR)</p>	<p>Happy Birthday, Peter Hoch! 30 Ollies Shopping and lunch Outing. 10am departure. Bingo 7pm (MPR)</p>	<p>31 HasFit Fitness Class 10am (MPR) </p>		<p></p>

Key: Outing Special Meal Activity Happy Hour