

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October



		<p>9:00 AM SHOPPING 1</p> <p>9:15 AM CHAIR YOGA (AR)</p> <p>1:00 PM OUTING TO SAVERS THRIFT STORE</p> <p>7:00 PM BOWLING (AR)</p> <p><u>NATIONAL TACO DAY!</u></p>	<p>9:00 AM 2</p> <p>FLU SHOTS (HR)</p> <p>9:30 AM</p> <p>FITNESS CLASS (AR)</p> <p>1:00 PM – 2:00 PM</p> <p>BIBLE STUDY (AR)</p>	<p>9:15 AM 3</p> <p>CHAIR YOGA (AR)</p> <p>2:00 PM – 3:00 PM</p> <p>CANDY BINGO (DR)</p>	<p>9:30 AM 4</p> <p>DANCING THROUGH THE DECADES (AR)</p> <p>2:00 PM – 3:00 PM</p> <p>OCTOBER BINGO (DR)</p> <p>7:00 PM BOWLING (AR)</p>	<p>5</p>
<p>6</p> <p>4:00 PM – 7:00 PM</p> <p>ACTIVITY ROOM</p> <p>RESERVED</p>	<p>7</p> <p>9:30 AM</p> <p>FITNESS CLASS (AR)</p> <p>10:00 AM BLOOD PRESSURE CHECKS (AR)</p>	<p>8</p> <p>9:00 AM SHOPPING</p> <p>9:15 AM CHAIR YOGA (AR)</p> <p>2:00 PM – 3:00 PM</p> <p>MONEY BINGO (DR)</p> <p>7:00 PM BOWLING (AR)</p>	<p>9</p> <p>9:30 AM</p> <p>FITNESS CLASS (AR)</p> <p>1:00 PM – 2:00 PM</p> <p>BIBLE STUDY (AR)</p> <p>2:00 PM – 3:00 PM</p> <p>HAPPY HOUR W/ STERLING (DR)</p>	<p>10</p> <p>9:15 AM</p> <p>CHAIR YOGA (AR)</p> <p>2:00 PM – 3:00 PM</p> <p>MONEY BINGO (DR)</p>	<p>11</p> <p>9:30 AM</p> <p>DANCING THROUGH THE DECADES (AR)</p> <p>7:00 PM BOWLING (AR)</p>	<p>12</p> <p>2:00 PM</p> <p>CATHOLIC MASS (AR)</p>
<p>13</p> <p>9:00 AM</p> <p>NON – DENOMINATIONAL CHURCH SERVICES (AR)</p> <p><u>HAPPY BIRTHDAY NAVY!</u></p>	<p>14</p> <p>9:30 AM</p> <p>FITNESS CLASS (AR)</p> <p>10:00 AM BLOOD PRESSURE CHECKS (AR)</p> <p>11:00 AM STL LIBRARY (AR)</p>	<p>15</p> <p>9:00 AM SHOPPING</p> <p>9:15 AM CHAIR YOGA (AR)</p> <p>9:30 AM CROWN VISION (L)</p> <p>11:30 AM OUTING TO CAFÉ TELEGRAPH</p> <p>7:00 PM BOWLING (AR)</p>	<p>16</p> <p>9:30 AM FITNESS CLASS (AR)</p> <p>1:00 PM – 2:00 PM BIBLE STUDY (AR)</p> <p>2:15 PM – 3:00 PM</p> <p>INTERNATIONAL FOOD CLUB (DR)</p> <p><u>YOU MUST SIGN UP FOR THIS</u></p>	<p>17</p> <p>9:15 AM</p> <p>CHAIR YOGA (AR)</p> <p>2:00 PM – 3:00 PM</p> <p>CANDY BINGO (DR)</p> <p><u>NATIONAL PASTA DAY!</u></p>	<p>18</p> <p>9:30 AM</p> <p>DANCING THROUGH THE DECADES (AR)</p> <p>12:00 PM VETERANS LUNCHEON (DR)</p> <p>7:00 PM BOWLING (AR)</p>	<p>19</p> <p>2:00 PM</p> <p>CATHOLIC MASS (AR)</p> <p><u>NIKKI'S WEDDING</u> ❤️</p>
<p>20</p> <p>9:00 AM</p> <p>NON – DENOMINATIONAL CHURCH SERVICES (AR)</p>	<p>21</p> <p>9:30 AM</p> <p>FITNESS CLASS (AR)</p> <p>10:00 AM</p> <p>PRESENTATION W/ SUE (AR)</p> <p>10:30 AM BLOOD PRESSURE CHECKS (AR)</p>	<p>22</p> <p>9:00 AM SHOPPING</p> <p>9:15 AM CHAIR YOGA (AR)</p> <p>2:00 PM – 3:00 PM</p> <p>MONEY BINGO (DR)</p> <p>7:00 PM BOWLING (AR)</p>	<p>23</p> <p>9:30 AM</p> <p>FITNESS CLASS (AR)</p> <p>12:00 PM</p> <p>BIRTHDAY LUNCH (DR)</p> <p>1:00 PM – 2:00 PM</p> <p>BIBLE STUDY (AR)</p>	<p>24</p> <p>9:15 AM</p> <p>CHAIR YOGA (AR)</p> <p>2:00 PM – 4:00 PM</p> <p>ACTIVITY ROOM RESERVED</p> <p><u>NATIONAL FOOD DAY!</u></p>	<p>25</p> <p>9:30 AM</p> <p>DANCING THROUGH THE DECADES (AR)</p> <p>2:00 PM – 3:00 PM</p> <p>HAPPY HOUR W/ ELIZABETH (DR)</p> <p>7:00 PM BOWLING (AR)</p>	<p>26</p> <p>2:00 PM</p> <p>CATHOLIC MASS (AR)</p> <p><u>NATIONAL PUMPKIN DAY!</u></p>
<p>27</p> <p>9:00 AM</p> <p>NON – DENOMINATIONAL CHURCH SERVICES (AR)</p>	<p>28</p> <p>9:30 AM FITNESS CLASS</p> <p>10:00 AM BLOOD PRESSURE CHECKS (AR)</p> <p>11:00 AM STL LIBRARY (AR)</p> <p>2:00 PM – 3:00 PM</p> <p>HAPPY HOUR W/ KEN (DR)</p>	<p>29</p> <p>9:00 AM SHOPPING</p> <p>9:15 AM CHAIR YOGA (AR)</p> <p>11:30 AM OUTING TO THE BLUE OWL RESTAURANT</p> <p>7:00 PM BOWLING (AR)</p> <p><u>NATIONAL CAT DAY!</u></p>	<p>30</p> <p>9:30 AM</p> <p>FITNESS CLASS (AR)</p> <p>1:00 PM – 2:00 PM</p> <p>BIBLE STUDY (AR)</p> <p>2:00 PM – 3:00 PM</p> <p>CANDY BINGO (DR)</p>	<p>31</p> <p>9:15 AM</p> <p>CHAIR YOGA (AR)</p> <p>1:45 PM – 2:45 PM</p> <p>MURDER MAGIC SHOW (DR)</p> <p><u>HAPPY HALLOWEEN!</u></p>	<p>31</p>	

Key: **Outing** **Special Meal** **Activity** **Happy Hour** **National Day/ Holiday** Location: (L) Library, (AR) Activities Room, (HR) Hearth Room, (DR) Dining Room