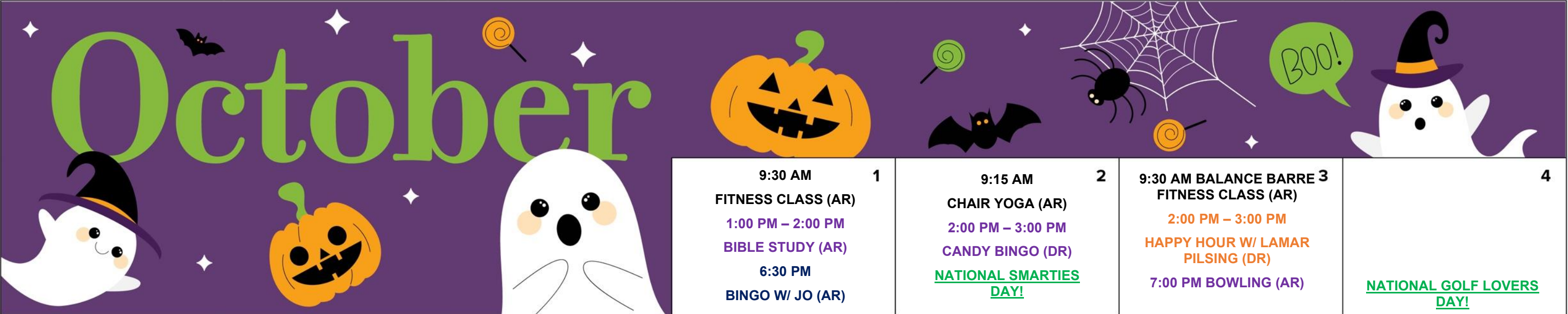
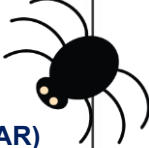


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
			9:30 AM 1 FITNESS CLASS (AR) 1:00 PM – 2:00 PM BIBLE STUDY (AR) 6:30 PM BINGO W/ JO (AR)	9:15 AM 2 CHAIR YOGA (AR) 2:00 PM – 3:00 PM CANDY BINGO (DR) NATIONAL SMARTIES DAY!	9:30 AM BALANCE BARRE 3 FITNESS CLASS (AR) 2:00 PM – 3:00 PM HAPPY HOUR W/ LAMAR PILSING (DR) 7:00 PM BOWLING (AR)	4 NATIONAL GOLF LOVERS DAY!
5 	9:30 AM 6 FITNESS CLASS (AR) 11:00 AM – 11:30 AM STL LIBRARY (AR) 2:00 PM – 3:00 PM MONEY BINGO (DR)	9:00 AM SHOPPING TRIPS 7 9:15 AM CHAIR YOGA (AR) 11:30 AM OUTING TO THREE KINGS RESTAURANT 7:00 PM BOWLING (AR) NATIONAL TACO DAY!	9:30 AM FITNESS CLASS (AR) 8 1:00 PM – 2:00 PM BIBLE STUDY (AR) 2:00 PM – 3:00 PM HAPPY HOUR W/ WATERLOO GERMAN BAND (DR) 6:30 PM BINGO W/ JO (AR)	9:15 AM 9 CHAIR YOGA (AR) 2:00 PM – 3:00 PM MONEY BINGO (DR)	9:30 AM BALANCE BARRE 10 FITNESS CLASS (AR) 2:00 PM PRESENTATION ON HELP WITH CELL PHONES (DR) 7:00 PM BOWLING (AR) NATIONAL CAKE DECORATING DAY!	11 2:00 PM CATHOLIC MASS (AR) 6:30 PM MOVIE (AR) “THE IRON MASK”
12 9:00 AM NON – DENOMINATIONAL CHURCH SERVICES (AR) NATIONAL GUMBO DAY!	9:30 AM 13 FITNESS CLASS (AR) 2:00 PM – 3:00 PM CHIP BINGO (DR) NAVY BIRTHDAY!	9:00 AM SHOPPING TRIPS 14 9:15 AM CHAIR YOGA (AR) 9:30 AM CROWN VISION (L) 12:00 PM VETERANS LUNCHEON (DR) 7:00 PM BOWLING (AR)	9:30 AM FITNESS CLASS 15 (AR) 1:00 PM – 2:00 PM BIBLE STUDY (AR) 2:30 PM CRAFTY WEDNESDAY (DR) 6:30 PM BINGO W/ JO (AR) 	9:15 AM CHAIR YOGA (AR) 16 12:00 PM BIRTHDAY LUNCH (DR) 2:00 PM – 3:00 PM MYSTERY BINGO (DR) NATIONAL SPORTS DAY!	9:30 AM BALANCE BARRE 17 FITNESS CLASS (AR) 2:00 PM – 3:00 PM MURDER MYSTERY MAGIC SHOW W/ JEFF (DR) 7:00 PM BOWLING (AR) NATIONAL PASTA DAY!	18 2:00 PM CATHOLIC MASS (AR) NATIONAL CHOCOLATE CUPCAKE DAY!
9:00 AM 19 NON – DENOMINATIONAL CHURCH SERVICES (AR) 6:30 PM MOVIE (AR) “VIVA LAS VEGAS”	9:30 AM 20 FITNESS CLASS (AR) 2:00 PM – 3:00 PM VEGAS THEMED BINGO (DR)	9:00 AM SHOPPING TRIPS 21 9:15 AM CHAIR YOGA (AR) 1:00 PM OUTING TO CASINO 7:00 PM BOWLING (AR)	9:30 AM FITNESS CLASS 22 (AR) 1:00 PM – 2:00 PM BIBLE STUDY (AR) 2:30 PM CRAFTY WEDNESDAY (DR) 4:00 PM FORMAL DINNER (DR) 6:30 PM BINGO W/ JO (AR)	9:15 AM CHAIR YOGA (AR) 23 1:30 PM – 3:30 PM CASINO GAMES (AR) THIS WILL BE DONE IN SESSIONS YOU MUST SIGN UP TO RECEIVE YOUR TIME	9:30 AM BALANCE BARRE 24 FITNESS CLASS (AR) 2:00 PM – 3:00 PM VEGAS THEMED HAPPY HOUR W/ TOM KELLY (DR) 7:00 PM BOWLING (AR) NATIONAL FOOD DAY!	25 2:00 PM CATHOLIC MASS (AR) 
26 9:00 AM NON – DENOMINATIONAL CHURCH SERVICES (AR) NATIONAL PUMPKIN DAY!	9:30 AM 27 FITNESS CLASS (AR) 2:00 PM – 3:00 PM HALLOWEEN THEMED TRIVIA W/ NIKKI (DR) NATIONAL BLACK CAT DAY!	9:00 AM SHOPPING TRIPS 28 9:15 AM CHAIR YOGA (AR) 2:00 PM FOOD CLUB (DR) YOU MUST SIGN UP 7:00 PM BOWLING (AR)	9:30 AM FITNESS CLASS 29 (AR) 1:00 PM – 2:00 PM BIBLE STUDY (AR) 2:30 PM CRAFTY WEDNESDAY (DR) 6:30 PM BINGO W/ JO (AR)	9:15 AM 30 CHAIR YOGA (AR) 2:00 PM – 3:00 PM HALLOWEEN THEMED BINGO (DR) NATIONAL CANDY CORN DAY!	9:30 AM BALANCE BARRE 31 FITNESS CLASS (AR) 2:00 PM – 3:00 PM HALLOWEEN COSTUME PARTY HAPPY HOUR W/ OLDIES BUT GOODIES (DR) 7:00 PM BOWLING (AR) HAPPY HALLOWEEN!!	Click here to learn more about Bethesda Terrace!

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