

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October



[Click here to learn more about Bethesda Terrace!](#)



 Click here to learn more about Bethesda Terrace!				9:15 AM1 CHAIR YOGA (AR) 2:00 PM – 3:00 PM SNACK BINGO (DR) INTERNATIONAL COFFEE DAY!	9:30 AM BALANCE BARRE2 FITNESS CLASS (AR) 2:00 PM – 3:00 PM HAPPY HOUR W/ BILL LYNCH (DR) 7:00 PM BOWLING (AR) SEAN’S BIRTHDAY!	9:30 AM3 LOONEY TUNES CARTOONS (AR) 6:00 PM – 9:00 PM ACTIVITY ROOM RESERVED
4 NATIONAL CINNAMON ROLL DAY!	9:30 AM5 FITNESS CLASS (AR) 1:00 PM – 4:00 PM ACTIVITY ROOM RESERVED 2:00 PM – 3:00 PM CANDY BINGO (DR)	9:00 AM6 SHOPPING TRIPS 9:15 AM CHAIR YOGA (AR) 2:00 PM – 3:00 PM CANDY BINGO (DR) 7:00 PM BOWLING (AR)	9:00 AM – 4:00 PM FLU SHOTS (HR)7 9:30 AM FITNESS CLASS (AR) 1:00 PM - 2:00 PM BIBLE STUDY (AR) 2:00 PM – 3:00 PM WRITERS PRESENTATION (DR) 6:30 PM MONEY BINGO (AR)	9:15 AM8 CHAIR YOGA (AR) 2:00 PM – 2:30 PM BUILD YOUR OWN CHOPPED SALAD SOCIAL (DR)	9:30 AM9 BALANCE BARRE FITNESS CLASS (AR) 2:00 PM – 3:00 PM HAPPY HOUR W/ TOM WINTERS (DR) 7:00 PM BOWLING (AR)	2:00 PM10 CATHOLIC MASS (AR) 6:30 PM MOVIE (AR) “A DOGS WAY HOME”
9:00 AM11 NON – DENOMINATIONAL CHURCH SERVICES (AR) 12:00 PM – 4:30 PM ACTIVITY ROOM RESERVED	9:30 AM12 FITNESS CLASS (AR) 2:00 PM – 3:00 PM MONEY BINGO (DR) NATIONAL FARMERS DAY!	9:00 AM SHOPPING TRIPS13 9:15 AM CHAIR YOGA (AR) 9:15 AM – 10:30 AM CROWN VISION (L) 11:00 AM OUTING TO PIETRO’S 7:00 PM BOWLING (AR)	9:30 AM FITNESS CLASS (AR)14 12:00 PM VETERANS LUNCHEON (DR) 1:00 PM - 2:00 PM BIBLE STUDY (AR) 2:30 PM CRAFTY WEDNESDAY (DR) 6:30 PM MONEY BINGO (AR)	9:15 AM15 CHAIR YOGA (AR) 2:00 PM – 3:00 PM MONEY BINGO (DR) GREG’S BIRTHDAY!	9:30 AM16 BALANCE BARRE FITNESS CLASS (AR) 2:00 PM – 3:00 PM PRESENTATION ABOUT ST. LOUIS HISTORY (DR) 7:00 PM BOWLING (AR)	2:00 PM17 CATHOLIC MASS (AR) NATIONAL PASTA DAY!
9:00 AM18 NON – DENOMINATIONAL CHURCH SERVICES (AR) 6:30 PM MOVIE (AR) “MEET ME IN ST. LOUIS”	9:30 AM FITNESS CLASS (AR)19 1:00 PM – 4:00 PM ACTIVITY ROOM RESERVED 2:00 PM STL ZOO PRESENTATION (DR) “PAST, PRESENT, AND FUTURE OF THE ZOO”	9:00 AM SHOPPING TRIPS20 9:15 AM CHAIR YOGA (AR) 2:00 PM – 3:00 PM ST. LOUIS FOOD CLUB (DR) 5:00 PM DINNER OUTING TO RIGAZZI’S ON THE HILL 7:00 PM BOWLING (AR)	9:30 AM FITNESS CLASS (AR)21 10:30 AM CRAFTY WEDNESDAY (AR) 1:00 PM - 2:00 PM BIBLE STUDY (AR) 2:00 PM – 3:00 PM STL CARDINALS PRESENTATION WITH SPECIAL GUEST (DR) 6:30 PM MONEY BINGO (AR)	9:15 AM CHAIR YOGA (AR)22 2:00 PM – 3:00 PM ICE CREAM SOCIAL WITH LOUIE FROM THE ST. LOUIS BLUES (DR) 4:00 PM –5:00 PM SEATING 5:30 PM – 6:30 PM SEATING FORMAL DINNER (DR) NO GUESTS FOR THIS FORMAL DINNER	9:30 AM23 BALANCE BARRE FITNESS CLASS (AR) 2:00 PM – 3:00 PM ST. LOUIS THEMED HAPPY HOUR W/ LAMAR PILSING (DR)	2:00 PM24 CATHOLIC MASS (AR)
9:00 AM25 NON – DENOMINATIONAL CHURCH SERVICES (AR) NATIONAL SOUR CANDY DAY!	9:30 AM FITNESS CLASS (AR)26 11:00 AM – 11:30 AM STL LIBRARY (AR) 2:00 PM – 3:00 PM OCTOBERFEST HAPPY HOUR W/ WATERLOO GERMAN BAND (DR)	9:00 AM SHOPPING TRIPS27 9:15 AM CHAIR YOGA (AR) 11:30 AM – 4:00 PM ACTIVITY ROOM RESERVED 1:00 PM OUTING TO RIVER CITY CASINO 7:00 PM BOWLING (AR)	9:30 AM FITNESS CLASS (AR)28 12:00 PM BIRTHDAY LUNCH (DR) 1:00 PM - 2:00 PM BIBLE STUDY (AR) 2:00 PM – 3:00 PM CHEF DEMO (DR) 6:30 PM MONEY BINGO (AR)	9:15 AM29 CHAIR YOGA (AR) 2:00 PM – 3:00 PM SNACK BINGO (DR) NATIONAL CAT DAY!	9:30 AM30 BALANCE BARRE FITNESS CLASS (AR) 2:00 PM – 3:00 PM HALLOWEEN COSTUME HAPPY HOUR W/ CHARLIE SELBERT (DR) 7:00 PM BOWLING (AR)	2:00 PM31 CATHOLIC MASS (AR) HAPPY HALLOWEEN!

Key: Outing Special Meal Activity Happy Hour National Day/ Holiday/ Employee Birthday

Location: (L) Library, (AR) Activities Room, (HR) Hearth Room, (DR) Dining Room