

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:00 Balloon Ball Fitness-AR *RR 10:15 Communion-AR *11:15 Lunch: Bent Fork American Grill 1:00 Movie-MR 1:30 Bible Study-IL C 2:00 Autumn Reminisce - AR 2:30 Active Aging: Walk Around the World-Meet in AR 3:00 Cynthia Peer, Art Historian: Summertime in Art History-ILCH 3:00 \$2 Bingo-AR 6:00 Get to Know Sean- AR	9:00 Yoga w/Kathleen-AR 10:00 Today in History-AR 10:00 Live 2 B Healthy-IL 5th 10:30 Science w/Trina-AR 1:00 Men's Group-CR 1:00 Women's Group-AR 2:00 Basketball for Seniors-CR 3:00 Trivia-AR 7:15 Active Minds: Ukraine -IL CR	9:00 Exercise-AR 10:00 Current Events & Coffee-AL Courtyard 1:30 Mad Libs-MR 2:00 Grief Support Group-IL C 2:00 New Resident Meet & Greet-MR 3:00 \$2 Bingo-AR 2:30 Active Aging: Walk Around the World-Meet in AR 4:00 St. Andrew's Singers-IL CR 6:30 Guide Dogs for the Blind- Training Session-IL CR	9:00 Exercise-AR 10:00 Live 2 B Healthy-IL 5th 10:30 Trina's Science Magazine-AR 1:00 Acrylic Painting- IL CR2:30 1:00Active Aging: Walk Around the World-Meet in AR 1:30 Baking Cookies-AR 3:00 Brain Games-AR	9:00 Balloon Ball Fitness-AR *RR 10:00 Knitting Korner-AR *RR 10:00 Coffee, Donuts, and News Headlines-AR 1:30 Presentation: TBA - ALAR 3:00 Movie: Tortilla Soup- MR1
9:30 Non-Denominational Service-ILC 10:00 Catholic Mass-IL CR 2:05 Broncos vs. Chargers: CBS-MR 3:00 \$2 Bingo-AR	9:00 Therapy Dog & Massage-AR 9:30 Exercise-AR 10:00 Live 2 B Healthy-IL 5th 10:30 Cranium Crunch-AR 2:30 Entertainment w/ Mark C.-LTC DR 3:00 Bingo-IL CR (11 Quarters) 7:20 Broncos vs. Raiders- ESPN	9:00 Balloon Ball Fitness-AR *RR 10:00 Free World Medicinals CBD Basics-ILC 10:15 Communion-AR 1:30 Traveling the World: Norway-AR 1:30 Bible Study-IL C 2:30 library Clean Up- LIB 3:00 Tech Class: Apps & the App Store-IL C 3:30 Today in History-AR 6:00 \$2 Bingo-AR	9:00 Yoga w/Kathleen-AR 10:00 Today in History-AR 10:00 Live 2 B Healthy-IL 5th 10:30 Autumn Craft -AR 1:30 Debate & Popcorn-L 2:30 Laughter is the Best Medicine-L 3:00 Japanese Language & Culture w/Anneliese-AR 7:00 St. Cecelia Society: Classical Music ILCH	9:00 Exercise-AR 10:00 Relaxing Coloring-AR *RR <b>*10:00 Outing: Light Rail to Union Station and Lunch</b> 1:00 Seamstress-IL CH 2:00 Jack Kimpton presents Vikings on Mars-ILCH 3:30 \$2 Bingo-AR 4:00 St. Andrew's Singers-IL CR	9:00 Balloon Ball Fitness-AR *RR 10:00 Live 2 B Healthy-IL 5th *10:00 Resident Council-AR 10:00 Live 2 B Healthy-IL 5th 1:00 Avon-IL CH 1:30 Poetry Reading: Short poems written by one of our residents-AR 2:30 Happy Hour with Molly-AR	9:00 Balloon Ball Fitness-AR *RR <b>*9:30 Outing: Target</b> 1:30 The Community-AR 3:00 Fabric Origami Class-AR
9:30 Non-Denominational Service-ILC 10:00 Catholic Mass-IL CR 2:00 Chair yoga-LTCMR1 2:25 Broncos vs. Titans: CBS-MR 2:30 Meditation & Hand Massage-LTCMR1 3:00 \$2 Bingo-AR	9:00 Therapy Dog & Massage-AR 9:30 Exercise-AR 10:00 Live 2 B Healthy-IL 5th 10:30 Cranium Crunch-AR 1:00-4:00 Jewelry Lady-ILCH 1:00 Kathleen Presents: World Fairs-AR 2:30 Entertainment with Rick Weingarten-LTC DR 3:00 Bingo-IL CR (11 Quarters) <b>Columbus Day</b>	9:00 Balloon Ball Fitness-AR *RR 10:15 Communion-AR 1:30 What Would You Do?-AR 1:30 Bible Study-IL C 2:00 Water Color Class-AR 3:00 \$2 Bingo-AR 6:00 Fireside Chat - L	9:00 Yoga w/Kathleen-AR 10:00 Today in History-AR 10:00 Live 2 B Healthy-IL 5th 10:30 The Price is Right-AR 1:00 Spanish Class-AR 2:00 -Debate & Popcorn-L 3:30 Brain Games-AR 7:00 St. Cecelia Society: Classical Music-ILCH	9:00 Exercise-AR 10:00 Current Events-AR 11:00 Recycling with Republic services-ILCH <b>*1:00 Outing: Bowling</b> 1:00 Astronomy & Astrology-LTCMR1-MR 1:00 Relaxing Coloring-AR *RR 4:00 St. Andrew's Singers-IL CR 6:20 Broncos vs Chiefs: FOX-MR 6:30 Guide Dogs for the Blind- Training Session-IL CR	9:00 Exercise-AR 10:00 Live 2 B Healthy-IL 5th 10:00 Clay Projects-AL 10:00 Live 2 B Healthy-IL 5th 1:00 Acrylic Painting- IL CR 1:30 The Pumpkin Spice Craze - MR1 2:00 Memory Support Group-AR 3:00 -\$2 Bingo-AR	9:00 Balloon Ball Fitness-AR 10:00 Scrapbooking Class-AR <b>*1:30 Ice Cream Outing</b> 3:30 50 States Knowledge-AR
9:30 Non-denominational Service-ILC 10:00 Catholic Mass-IL CR 2:00 Chair Yoga-LTCMR1 2:30 Meditation & Hand Massage-LTCMR1 3:00 \$2 Bingo-AR	9:00 Therapy Dog & Massage-AR 9:30 Exercise-AR 10:00 Live 2 B Healthy-IL 5th 10:30 Autumn Anecdotes-AR 1:30 Helping Hands presentation: Operation Christmas Child-ILCH 2:30 Food for Thought: Germany-LTC MR1 3:00 Bingo-IL CR (11 Quarters) 7:00 Sing-A-Long with Jean-ILCR	9:00 Balloon Ball Fitness-AR *RR 10:15 Communion-AR 1:30 Exploring the Internet- MR1 1:30 Bible Study-IL C 2:30 Library Clean up-LIB 3:00 Tech Class: using the Camera-IL C 3:30 Meet your Neighbors-AR 6:00 \$2 Bingo-AR	9:00 Yoga w/Kathleen-AR 10:00 Today in History-AR 10:00 Live 2 B Healthy-IL 5th 10:30 Name that Tune-AR 1:00 Food Chat-AR 2:00 How It's Made & Discussion-MR 3:30 Yahtzee-AR	9:00 Exercise-AR 10:00 Blood Pressure Clinic-CR 10:00 Board Games-AR 1:30 Current Events-L 1:00 Seamstress-CH 2:30Laughter is the Best Medicine-AR 2:00 Grief Support Group-IL CH 3:00 \$2 Bingo Mania-AR 4:00 St. Andrew's Singers-IL CR	9:00 Exercise-AR 10:00 Live 2 B Healthy-IL 5th 10:00 Music Bingo-AR 10:00 Live 2 B Healthy-IL 5th 1:00 Avon-IL CH 1:30 20 Questions- AR 2:30 Hallway Bowling- Meet in AR 3:30 Guided Memoir Writing-AR	9:00 Balloon Ball Fitness-AR 10:00 Science Experiment Class-AR <b>*12:45 Out to the Movies</b>
9:30 Non-Denominational Service-ILC 10:00 Catholic Mass-IL CR 2:00 Chair Yoga-LTCMR1 2:25 - Broncos vs Colts: CBS-MR 2:30 Meditation & Hand Massage-LTCMR1 3:00 \$2 Bingo-AR	9:00 Therapy Dog & Massage-AR 9:30 Exercise-AR 10:00 Live 2 B Healthy-IL 5th 10:30 This Day in history-AR 1:30 2:30 October Birthday Celebration w/ Young Heart-LTC DR 3:00 Bingo-IL CR (11 Quarters) 7:15 Active Minds: Autumn Music -IL CR	9:00 Balloon Ball Fitness-AR *RR 10:15 Communion-AR 1:00 Ear Clinic: IL CH 1:30 Bible Study-IL PDR 1:30 Art Walk- Meet in AR 3:00 \$2 Bingo-AR 4:30 Order Dinner In-AR 5:30 Ice Cream Sundae Bar-AR	9:00 Yoga w/Kathleen-AR 10:00 Debate Group-AR 10:00 Live 2 B Healthy-IL 5th 10:30 Pumpkin Decorating-AR 1:30 Debate & Popcorn-L 2:00 Low Vision Support Group-IL C 3:00 Fact and Fiction of Halloween-AR 3:30 Craft with Kara-AR	9:00 Exercise-AR 10:00 Behind the Scenes Alfred Hitchcock-AR 1:00 Pumpkin Display - IL Community Room 2:30 Halloween Party- IL Community Room		
	<b>***Please see daily flyers for changes to calendar***</b>	<b>OCTOBER 2019</b> <i>Assisted Living</i>	<b>Halloween</b>	<b>ACTIVITY LOCATOR KEY</b> AR-Activities Room ASUR-Activities Stand Up Room CR-Club Room DR-Dining Room	IL CH- Independent Living Chapel IL CR Independent Living Community Room LIB-Library L-Lobby *RR-Resident Run	LTC-Long Term Care MR-Media Room LTC MR1-Long Term Care Media Room 1st Floor * - Sign up at Reception Desk