

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 10:15 Worship Service with Pastor Rick 1:00 Golf Card Game Don't forget to stroll our lovely grounds and visit our pond!	31 9:00 Men's Coffee 9:30 Bright Skies Preschool Trick or Treat 10:15 Exercise w/Tammy 10:45 Beach Ball Volleyball 11:00 Seated Aerobics 12:45 Haunted Topeka Driving Tour 1:00 Cornhole 1:30 Movie Monday 2:30 Nickel Bingo 4:00 Guided Meditation 6:30 Pitch			1 9:00 Shuffleboard 10:15 Exercise w/Tammy 11:00 Seated Aerobics 12:30 Red Carpet Library Services 1:00 Farkle 2:00 Co-Ed Pool 2:30 Catholic Mass 3:00 Movie Matinee 3:30 Banana Bingo	2 9:00 Men's Golf 10:15 Exercise w/Tammy 11:00 Seated Yoga 1:00 Seated Tai Chi 1:30 Guided Meditation 2:00 Nickel Bingo 3:00 Happy Hour and Appetizers	1 10:30 Exercise 1:00 Cornhole 2:30 Quarter Bingo Enjoy our beautiful art on your own at any time!
2 10:15 Worship Service with Pastor Rick 1:00 Golf Card Game Don't forget to stroll our lovely grounds and visit our pond!	3 9:00 Ladies Coffee 9:00 Men's Coffee 10:15 Exercise w/Tammy 10:45 Beach Ball Volleyball 11:00 Seated Aerobics 12:45 Scenic Drive to Alma 1:00 Cornhole 1:30 Movie Monday 2:30 Nickel Bingo 4:00 Guided Meditation 6:30 Pitch	4 9:00 Outside Stroll 9:30 Catholic Comm. 10:15 Exercise w/Tammy 10:45 Cardio Drumming 11:00 Seated Yoga 1:00 Seated Pilates 2:00 Co-Ed Pool 2:00 Tell A Story 6:00 Mexican Train Dominoes	5 9:00 Ladies Golf 10:00 BP Clinic 10:15 Exercise w/Tammy 10:30 Shopping (Dillon's) 1:00 Cribbage 2-5 Arm and Hand Massage 2:30 Nickel Bingo 4:00 Guided Meditation 6:00 Scrabble 6:30 Bridge Manicure Day	6 9:00 Shuffleboard 10:15 Exercise w/Tammy 11:00 Seated Aerobics 1:00 Farkle 2:00 Co-Ed Pool 3:00 Movie Matinee 3:30 Banana Bingo	7 9:00 Men's Golf 10:15 Exercise w/Tammy 11:00 Seated Yoga 1:00 Seated Tai Chi 1:30 Guided Meditation 2:00 Nickel Bingo 3:00 Happy Hour and Appetizers	8 10:30 Exercise 1:00 Cornhole 2:30 Quarter Bingo 4:00 Guided Meditation Enjoy our beautiful art on your own at any time!

<p style="text-align: center;">9</p> <p>10:15 Worship Service with Pastor Rick 1:00 Golf Card Game</p> <p><i>Don't forget to stroll our lovely grounds and visit our pond!</i></p>	<p style="text-align: center;">10</p> <p>9:00 Ladies Coffee 9:00 Men's Coffee 10:15 Exercise w/Tammy 10:45 Beach Ball Volleyball 11:00 Seated Aerobics 12:45 Scenic Drive to St. Mary's & Sugar Creek 1:00 Cornhole 1:30 Movie Monday 2:30 Nickel Bingo 4:00 Guided Meditation 6:30 Pitch</p>	<p style="text-align: center;">11</p> <p>9:00 Outside Stroll 9:30 Catholic Comm. 10:15 Exercise w/Tammy 10:45 Cardio Drumming 11:00 Seated Yoga 1:00 Seated Pilates 2:00 Co-Ed Pool 2:00 Tell A Story 6:00 Mexican Train Dominoes</p>	<p style="text-align: center;">12</p> <p>9:00 Ladies Golf 10:00 BP Clinic 10:15 Exercise w/Tammy 10:30 Shopping (Walmart) 1:00 All Aboard: 1:00 Cribbage 2-5 Arm and Hand Massage 2:30 Nickel Bingo 4:00 Guided Meditation 6:00 Scrabble 6:30 Bridge</p> <p style="text-align: center;"><i>Manicure Day</i></p>	<p style="text-align: center;">13</p> <p>9:00 Shuffleboard 10:15 Exercise w/Tammy 11:00 Seated Aerobics 12:30 Red Carpet Library Services 1:00 Farkle 2:00 Co-Ed Pool 3:00 Movie Matinee 3:30 Banana Bingo</p>	<p style="text-align: center;">14</p> <p>9:00 Men's Golf 10:15 Exercise w/Tammy 11:00 Seated Yoga 1:00 Seated Tai Chi 1:30 Guided Meditation 2:00 Nickel Bingo 3:00 Happy Hour and Appetizers</p>	<p style="text-align: center;">15</p> <p>10:30 Exercise 1:00 Cornhole 2:30 Quarter Bingo</p> <p><i>Enjoy our beautiful art on your own at any time!</i></p>
<p style="text-align: center;">16</p> <p>10:15 Worship Service with Pastor Rick 1:00 Golf Card Game</p> <p><i>Don't forget to stroll our lovely grounds and visit our pond!</i></p>	<p style="text-align: center;">17</p> <p>9:00 Men's Coffee 10:15 Exercise w/Tammy 10:45 Beach Ball Volleyball 11:00 Seated Aerobics 12:45 Scenic Drive TBD 1:00 Cornhole 1:30 Movie Monday 2:30 Nickel Bingo 4:00 Guided Meditation 6:30 Pitch</p>	<p style="text-align: center;">18</p> <p>9:00 Outside Stroll 9:30 Catholic Comm. 10:15 Exercise w/Tammy 10:45 Cardio Drumming 11:00 Seated Yoga 1:00 Seated Pilates 2:00 Co-Ed Pool 2:00 Tell A Story 6:00 Mexican Train Dominoes</p>	<p style="text-align: center;">19</p> <p>9:00 Ladies Golf 10:00 BP Clinic 10:15 Exercise w/Tammy 10:30 Shopping (Dillon's) 1:00 Cribbage 2-5 Arm and Hand Massage 2:30 Nickel Bingo 4:00 Guided Meditation 6:00 Scrabble 6:30 Bridge</p> <p style="text-align: center;"><i>Manicure Day</i></p>	<p style="text-align: center;">20</p> <p>9:00 Shuffleboard 10:15 Exercise w/Tammy 11:00 Seated Aerobics 1:00 Farkle 2:00 Co-Ed Pool 3:00 Movie Matinee 3:30 Banana Bingo</p>	<p style="text-align: center;">21</p> <p>9:00 Men's Golf 10:15 Exercise w/Tammy 11:00 Seated Yoga 1:00 Seated Tai Chi 1:30 Guided Meditation 2:00 Nickel Bingo 3:00 Happy Hour 5:00 Friday Night Dinner & Movie</p>	<p style="text-align: center;">22</p> <p>10:30 Exercise 1:00 Cornhole 2:30 Quarter Bingo 4:00 Guided Meditation</p> <p><i>Enjoy our beautiful art on your own at any time!</i></p>
<p style="text-align: center;">23</p> <p>10:15 Worship Service with Pastor Rick 1:00 Golf Card Game</p> <p><i>Don't forget to stroll our lovely grounds and visit our pond!</i></p>	<p style="text-align: center;">24</p> <p>9:00 Ladies Coffee 9:00 Men's Coffee 10:15 Exercise w/Tammy 10:45 Beach Ball Volleyball 11:00 Seated Aerobics 12:45 Lunch at Blind Tiger 1:00 Cornhole 1:30 Movie Monday 2:00 October Birthday Bash 4:00 Guided Meditation 6:30 Pitch</p>	<p style="text-align: center;">25</p> <p>9:00 Outside Stroll 9:30 Catholic Comm. 10:15 Exercise w/Tammy 10:45 Cardio Drumming 11:00 Seated Yoga 1:00 Seated Pilates 2:00 Co-Ed Pool 2:00 Tell A Story 6:00 Mexican Train Dominoes</p>	<p style="text-align: center;">26</p> <p>9:00 Ladies Golf 10:00 BP Clinic 10:15 Exercise w/Tammy 10:30 Shopping (Target) 1:00 Cribbage 2-5 Arm and Hand Massage 2:00 Resident Council 2:30 Nickel Bingo 4:00 Guided Meditation 6:00 Scrabble 6:30 Bridge</p> <p style="text-align: center;"><i>Manicure Day</i></p>	<p style="text-align: center;">27</p> <p>9:00 Shuffleboard 10:15 Exercise w/Tammy 11:00 Seated Aerobics 12:30 Red Carpet Library Services 1:00 Farkle 2:00 Co-Ed Pool 3:00 Movie Matinee 3:30 Banana Bingo</p>	<p style="text-align: center;">28</p> <p>9:00 Men's Golf 10:15 Exercise w/Tammy 11:00 Seated Yoga 1:00 Seated Tai Chi 1:30 Guided Meditation 2:00 Nickel Bingo 3:00 Halloween Party! Costume Contest, Drinks, and More!</p>	<p style="text-align: center;">29</p>

