


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	HAPPY BIRTHDAY!! Connie D 10/2 Margy S 10/6 Ron R 10/13 Mary Lou H 10/18 Carolyn B 10/19 Tim D 10/19 Joyce B 10/23	HAPPY BIRTHDAY!! Jeanette P 10/26 Michael S. 10/26 Sheryl G 10/30 Betty H 10/30	1 9:45am Exercise with Jill 10:30am Jeopardy 1:00pm Word Games 3:00pm Manicures	2 10:00am Tai Chi 10:30am Table Games/Board Games 1:00pm Documentary-Crip Camp	3 9:45am Exercise with Jill 10:30am Activities Meeting w/Sybil 1:00pm Seasonal Decorating 3:00pm Happy Hour-Trivia	4 National Cinnamon Bun Day 10:00am Chair Yoga with Felina 10:45am BINGO 12:30pm Walmart trip 3:00pm Armchair Travel-Asheville NC
5 3:00pm Sunday Services Resident Led Activities	6 9:45am Exercise with Jill 10:30am Men's Bible Study All other Monday activities are self-directed	7 10:00am Tai Chi 10:30am Coffee Talk 12:00pm-3:15pm Liberty Theatre "Harvey" 3:30pm Rest and Relaxation-Meditation	8 9:45am Exercise with Jill 10:30am Jeopardy 12:45pm Root Beer Floats 1:30pm Resident Council Meeting	9 10:00am Tai Chi 10:30am Table Games/Board Games 1:00pm Maritime Museum-The Fur Trade 5:00pm-7:00pm Business After Hours	10 9:45am Exercise with Jill 10:30am Name That Tune-One Hit Wonders 3:00pm Happy Hour/Music with Chris	11 10:00am Chair Yoga with Felina 10:45am-1:45pm Astoria Senior Center Movie Classics-bag lunch will be provided (ASC members only) 3:00pm Armchair Travel-New York City
12 3:00pm Sunday Services Resident Led Activities	13 Columbus Day 9:45 Exercise with Jill All other Monday activities are self-directed	14 10:00am Tai Chi 10:30am Coffee Talk 12:45pm Mahjong/Poker/Pinochle 2:00pm Encore Concert-Eric Clapton Budokan, Japan	15 9:45am Exercise with Jill 10:30am Jeopardy 12:45 pm Scenic Drive 3:00pm Manicures	16 National Boss's Day 10:00am Tai Chi 10:30am Table Games/Board Games 3:00pm Ukulele Group 5:30pm Richards Family Band-front lobby	17 Community Birthday Celebration! 9:45am Exercise with Jill 10:30am Name That Tune-60's and 70's Rock n' Roll 3:00pm Happy Hour	18 10:00am Chair Yoga with Felina 10:45am BINGO 1:00pm Crafts 3:00pm Armchair Travel-New Orleans
19 3:00pm Sunday Services Resident Led Activities	20 9:45am Exercise with Jill 10:30 Men's Bible Study All other Monday activities are self-directed	21 10:00am Tai Chi 10:30am Coffee Talk 12:45pm Mahjong/Poker/Pinochle 2:00pm Encore Concert-Linda Ronstadt Hollywood 1980	22 9:45am Exercise with Jill 10:30am Jeopardy 1:00pm Word Games 1:30pm Resident Council Meeting-Chef Chat	23 10:00am Tai Chi 10:30am Table Games/Board Games 1:00pm Documentary-My Octopus Teacher 3:00pm Halloween Decorating	24 9:45am Exercise with Jill 10:30am Name That Tune-Showtunes 3:00pm Happy Hour-Halloween Games	25 10:00am Chair Yoga with Felina 10:45am BINGO 1:00pm Encore Concert/Movie-The Rocky Horror Picture Show
26 National Pumpkin Day 3:00pm Sunday Services Resident Led Activities	27 9:45am Exercise with Jill All other Monday activities are self-directed	28 10:00am Tai Chi 10:30am Coffee Talk 12:45pm Mahjong/Poker/Pinochle 2:00pm Encore Concert-The Making of Thriller	29 9:45am Exercise with Jill 10:30am Jeopardy 12:45pm Scenic Drive 3pm Manicures	30 10:00am Tai Chi 10:30am Table Games/Board Games 1:00pm Goodwill Trip	31 Halloween 9:45am Exercise with Jill 10:30am Name That Tune-Halloween 3:00pm-6:00pm Trick or Treat NO HAPPY HOUR TODAY BECAUSE OF TRICK OR TREATING	