

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			10:00 WU: Aging and Arthritis Discussion & Exercise w/ Dr. Wade- Fox Therapy - 2T 11:00 Weis Trip 2:00 Bingo - 2AR 3:15 Word Mining - 2AR 4:00 Ice Breakers- L <i>Yom Kippur Begins at Sundown</i>	10:15 Stretching & Balance - 2T 2:00 WU: Horticulture - Decorating Pumpkins 2AR 3:15 Front Porch Chatter - Outdoors 4:00 Ice Breakers- L	10:15 Building Muscle with Weights-2T 1:00 Walking Club-L 2:30 Happy Hour and Massages with Tiffany - 2AR 4:00 Ice Breakers- L	1:00 V Valencia Performing the Ukulele and Singing - 2T 2:15 Word Mining - 2AR Independent October Word Games Available in the Bistro
10:00 Communion with Lucy - Bistro 1:00 Piano Performance by Saanvi - Lobby 4:00 Ice Breakers- L	10:15 Seated Aerobics - 2T 2:00 Bingo - 2AR 3:15 October IQ & Gazette - 2AR 4:00 Ice Breakers- L	10:15 Seated Aerobics - 2T 1:00 Bill Long - Singer/Guitar - 2T 2:30 Community Crossword Puzzle - 2AR 4:00 Ice Breakers- L	10:15 Coordination & Agility Training - 2T 10:45 Wegman's Trip 1:00 WU: Fire Safety - 2AR 2:00 WU: Presentation by LAMP Organization - 2T 3:15 Discussion & Sign-Up - 2T 4:00 Ice Breakers- L	10:15 Stretching & Balance - 2T 10:45 Nail Salon Trip 2:00 WU: The 7 Greatest Unsolved Mysteries of the World - 2AR 3:00 WU: The Benefits of Being Curious - 2AR 4:00 Ice Breakers- L	10:15 Building Muscle with Weights-2T 1:00 Walking Club-L 2:30 Happy Hour - 2AR 4:00 Ice Breakers- L	Independent October Word Games Available in the Bistro
10:00 Communion with Lucy - Bistro 4:00 Ice Breakers- L	10:15 Seated Aerobics - 2T 1:00 WU: The Makings of Ships in a Bottle - 2T 2:00 JT-Singer - 2T 3:15 Trivia Outdoors 4:00 Ice Breakers- L	10:15 Seated Aerobics - 2T 1:00 Menu Planning- B 2:00 Bingo - 2AR 3:15 WU: Top Ten Nobel Prize Winners - 2T 4:00 Ice Breakers- L	10:15 Coordination & Agility Training - 2T 10:45 Target Trip 2:00 Resident Council - 2T 2:30 BBP Store - 2T 3:15 Book Club - 2T 4:00 Ice Breakers- L 4:30 Order-In Dinner - Leo's	10:15 Stretching & Balance - 2T 2:00 WU: Fall Crafting - 2AR 3:00 Activity Planning - 2AR 3:30 Checkers - 2T 4:00 Ice Breakers- L	10:15 Building Muscle with Weights-2T 1:00 Piano, Guitar & Opera Performance - L 2:30 Happy Hour - 2AR 4:00 Ice Breakers- L	1:00 Suann Performing on the Piano - L 2:15 Word Mining - 2AR Independent October Word Games Available in the Bistro
10:00 Communion with Lucy - Bistro 4:00 Ice Breakers- L	10:15 Seated Aerobics - 2T 1:30 Adult Coloring - 2AR 2:30 Minnie Kalan - 2T 3:30 Pre-Dinner Chat - 2AR 4:00 Ice Breakers	10:15 Seated Aerobics - 2T 1:00 Fall Foliage Ride 2:30 WU: Fall Themed Cooking Demo with the Chef - 2AR 3:00 WU: Lifelong Learning - 2AR 4:00 Ice Breakers- L	10:15 Coordination & Agility Training - 2T 10:45 Dollar Tree Trip 2:00 Bingo - 2AR 3:15 Tic Tac Toe - 2AR 4:00 Ice Breakers- L	Wear Pink for Breast Cancer Awareness 10:15 Stretching & Balance - 2T 11:30 Lunch Trip - Whitpain Tavern 2:30 Pumpkin Toss - 2T 3:00 Humor Break - 2T 4:00 Ice Breakers- L	Wear Your Phillies Gear 10:15 Building Muscle with Weights-2T 1:00 Walking Club-L 2:30 Happy Hour - 2AR 4:00 Ice Breakers- L	Independent October Word Games Available in the Bistro
10:00 Communion with Lucy - Bistro 4:00 Ice Breakers- L	10:15 Seated Aerobics - 2T 1:00 Reminiscing: Remembering Hayrides - 2AR 2:00 Pumpkin Decorating - 2AR 3:00 WU: A Different View of Halloween - 2AR 4:00 Ice Breakers	10:15 Seated Aerobics - 2T 2:00 Autumn Themed Word Mining - 2AR 3:00 Autumn Adult Coloring - 2AR 4:00 Ice Breakers- L	10:15 Coordination & Agility Training - 2T 2:00 Bingo - 2AR 3:00 Making Halloween Goodie Bags- 2AR 4:00 Ice Breakers- L 6:00 Little Monsters Meet & Treat	10:15 Stretching & Balance - 2T 2:00 Who, What, Where Game - 2AR 2:30 WU: Age and Wisdom - 2AR 4:00 Ice Breakers- L	10:15 Building Muscle with Weights-2T 1:00 Walking Club-L 2:30 Happy Hour and Birthday Party- 2AR 4:00 Ice Breakers- L 6:00 Halloween Party with DJ Betsy- 2T	

ACTIVITY LOCATOR KEY

L - Lobby
 DR - Dining Room
 B - 1st Floor Bistro
 2T- 2nd Fl. Theater
 2AR - 2nd Fl. Activities Room

Manicures every Wednesday by appointment.
 Sign up at the front desk

Every Thursday evening join your friends for some jigsaw puzzle therapy in the Activities Room

Calendar is Subject to Change
 See Daily Calendar in Lobby for most accurate schedule!