

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <ul style="list-style-type: none"> 10:00 - Mass on TV Ch. 9 Conductorcise Brain Games Sole to Soul Walking Club 2:00 - Chaplet of Divine Mercy Outdoor Relaxation 3:00 - Volleyball LCR Music Hour: The Supremes 6:30 - EWTN Worship Service Ch.18 	Transportation/ Medical Appointments: Appointments are available on Tuesdays and Thursdays , 9-3 only, through Judy Gagnon. For Memory Care residents, a family member or a staff person must accompany them.	Note: Activities in bold denote special programs such as live music, religious services & Watermark University courses.	<ul style="list-style-type: none"> Cardio Exercise Jewelry Making Energy Burst Connect 4 1:30 - Out Trip to Giovanni's 1:30 - WU: Timely Topics Around the World 3:00 - Corn Hole Word Game: Categories Music Hour: Chuck Berry BINGO 	<ul style="list-style-type: none"> Balance Exercise 10:30 - WU: Health Talk: Low Vision Word Game: Before & After Energy Burst 1:30 - Oktoberfest Entertainment Brain Games Scenic Relaxation: Vermont Music Hour: The Who Comedy Club: I Love Lucy 	<ul style="list-style-type: none"> Flexibility Exercise Coffee Social in Cafe' Daily Chronicle Energy Burst 1:30 - Catholic Mass w/Father Wayne Karma the Dog Visits Target Shooting Living Room Dance Party Music Hour: Bach Card Games 	<ul style="list-style-type: none"> Conductorcise BINGO 1:30- Saturday Matinee: <i>The Wrong Paris</i> Energy Burst Billiards Outdoor Reflection Music Hour: The Talking Heads Cafe' Social/Daily Chronicle
<ul style="list-style-type: none"> 10:00 - Mass on TV Ch. 9 Conductorcise Brain Games Sole to Soul Walking Club 2:00 - Chaplet of Divine Mercy Outdoor Relaxation 3:00 - Volleyball LCR Music Hour: The Supremes 6:30 - EWTN Worship Service Ch.18 	<ul style="list-style-type: none"> Joyful Movement WU: Artistry Unleashed: Card Games Energy Burst 1:30 - Horseracing Brain Games Billiards WU: Reminisce: School Days Music Hour: Chet Atkins Dominoes 	<ul style="list-style-type: none"> Strength Exercise 10:30 - WU: Culinary Creations Group Discussion: Raising Children Energy Burst 1:30 - Wii Bowling 3:00 - WU: Holocaust Presentation w/Larry Outdoor Relaxation Music Hour: Dean Martin Hearthside Book Club 	<ul style="list-style-type: none"> Cardio Exercise 10:30 - 360 Well: Minds Matter- Strengthening Mental Health Energy Burst WU: Person of Interest: Hitchcock 3:00 - WU: Timely Topics Around the World Word Game: Categories Music Hour: Fats Domino BINGO 	<ul style="list-style-type: none"> Balance Exercise 10:30 - Plinko/Trivia Word Game: Rhymes With... Energy Burst 1:30 - Human Slot Machine Scenic Relaxation: New England 3:00 - Pitch & Putt Golf Music Hour: Pink Floyd Comedy Club: Robin Williams 	<ul style="list-style-type: none"> Flexibility Exercise Coffee Social in Cafe' Daily Chronicle Energy Burst 1:30 - Pokeno Karma the Dog Visits WU: Poetry Corner: I Knew a Man By Sight Music Hour: Beethoven Card Games 	<ul style="list-style-type: none"> Conductorcise BINGO 1:30- Saturday Matinee: <i>The Thursday Murder Club</i> Energy Burst Billiards Outdoor Reflection Music Hour: Melissa Etheridge Cafe' Social/Daily Chronicle
<ul style="list-style-type: none"> 10:00 - Mass on TV Ch. 9 Conductorcise Brain Games Sole to Soul Walking Club 2:00 - Chaplet of Divine Mercy Outdoor Relaxation 3:00 - Volleyball LCR Music Hour: Whitney Houston 6:30 - EWTN Worship Service Ch.18 	<ul style="list-style-type: none"> Joyful Movement WU: Artistry Unleashed: Card Games Energy Burst 1:00 - Communion LCR Billiards Bird Watching Music Hour: Linda Ronstadt Dominoes 	<ul style="list-style-type: none"> Strength Exercise 10:30 - WU: Culinary Creations Group Discussion: Gratitude Energy Burst 1:30 - The Elderly Brothers Perform for Monthly Birthdays WU: Reminisce: Who Wants to Go Hunting? Outdoor Relaxation Music Hour: Frank Sinatra Hearthside Book Club 	<ul style="list-style-type: none"> Cardio Exercise Karaoke Energy Burst Table Top Bowling Axe Throwing 3:00 - Timely Topics Around the World Word Game: Categories Music Hour: John Denver BINGO 	<ul style="list-style-type: none"> Balance Exercise 10:00 - Jeff the Plant Guy Jigsaw Puzzle Energy Burst 1:30 - Caden Entertains Scenic Relaxation: Ireland 3:30- WU: Old News w/Charlotte Music Hour: The Band Comedy Club: Steve Martin 	<ul style="list-style-type: none"> Flexibility Exercise Coffee Social in Cafe' Daily Chronicle Energy Burst 1:30 - Disco Dance Party Karma the Dog Visits WU: Poetry Corner: Autumn Joys Music Hour: Phil Collins Card Games 	<ul style="list-style-type: none"> Conductorcise BINGO 1:30- Saturday Matinee: <i>Tower Heist</i> Energy Burst Billiards Outdoor Reflection Music Hour: Doris Day Cafe' Social/Daily Chronicle
<ul style="list-style-type: none"> 10:00 - Mass on TV Ch. 9 Conductorcise Brain Games Sole to Soul Walking Club 1:00 - Piano Entertainment 2:00 - Grace Church Service 3:00 - Volleyball LCR Music Hour: Tina Turner 6:30 - EWTN Worship Service Ch.18 	<ul style="list-style-type: none"> Joyful Movement 10:30 - WU: Scrumptious Delights Card Games Energy Burst 1:30 - Chaplet of Divine Mercy WU: Person of Interest: Boris Karlof Billiards Music Hour: Dolly Parton Dominoes 	<ul style="list-style-type: none"> Strength Exercise 10:30 - WU: Culinary Creations Group Discussion: Fall Favorites Energy Burst 1:30 - WU: Chef's Kitchen WU: Reminisce: Pigs I remember Outdoor Relaxation Music Hour: Sammy Davis Jr. Hearthside Book Club 	<ul style="list-style-type: none"> Cardio Exercise Target Shooting Energy Burst Connect 4 1:30 - Hayride/Foliage Trip 1:30 - WU: Timely Topics Around the World 3:00 - Pokeno Word Game: Categories Music Hour: Mamas & the Papas BINGO 	<ul style="list-style-type: none"> Balance Exercise WU: Person of Interest: Yvonne de Carlo Word Game: Before & After Energy Burst Music Makers Scenic Relaxation: Maine 3:00 - WU: Purple Primer Music Hour: Blue Grass Comedy Club: Dean Martin 	<ul style="list-style-type: none"> Flexibility Exercise Coffee Social in Cafe' Daily Chronicle Energy Burst 1:30 - WU: Arm Chair Travel w/Kim Karma the Dog Visits 3:00 - Sing Along w/Beverly on Piano Music Hour: Grateful Dead Card Games 	<ul style="list-style-type: none"> Conductorcise BINGO 1:30- Saturday Matinee: <i>Groundhog Day</i> Energy Burst Billiards Outdoor Reflection Music Hour: Barbara Streisand Cafe' Social/Daily Chronicle
<ul style="list-style-type: none"> 10:00 - Mass on TV Ch. 9 Conductorcise Brain Games Sole to Soul Walking Club Lisa Pernice Strolls w/Guitar 3:00 - Chaplet of Divine Mercy LCR Music Hour: Aretha Franklin 6:30 - EWTN Worship Service Ch.18 	<ul style="list-style-type: none"> Joyful Movement WU: Artistry Unleashed: Card Games Energy Burst 1:00 - Communion 1:30 - Swifferboard Billiards Bird Watching Music Hour: Reba McIntyre Dominoes 	<ul style="list-style-type: none"> Strength Exercise 10:30 - WU: Culinary Creations Group Discussion: Trick or Treating Energy Burst 1:30 - WU: Timely Topics Around the World WU: Reminisce: Remembering Big Red Outdoor Relaxation Music Hour: Judy Garland Hearthside Book Club 	<ul style="list-style-type: none"> Cardio Exercise Karaoke Energy Burst Table Top Bowling 11:30 - Luncheon: Fazio's Pizzeria 1:30 - WU: To the Moon and Back Again 3:00 - WU: Fall Chex Mix Recipe Word Game: Categories Music Hour: Beegees BINGO 	<ul style="list-style-type: none"> Balance Exercise WU: Person of Interest: John Astin Word Game: Before & After Energy Burst 1:30 - WU: Music Appreciation w/Raya 2:30 - Ice Cream Social Scenic Relaxation: Salem, Ma Music Hour: Classical 6:00 - Family Trick Or Treat 	<ul style="list-style-type: none"> Flexibility Exercise Coffee Social in Cafe' Daily Chronicle Energy Burst 1:30 - Halloween Parade/Party Karma the Dog Visits WU: Poetry Corner: Raking Leaves Music Hour: The Beach Boys Card Games 	Pet Therapy: Reduce anxiety, increase socialization, and improve overall quality of life by spending time with our visiting dogs: Karma, Fiona, Bunny, & Gus

ACTIVITY LOCATOR KEY

- Body
- Community
- Mind
- Spirit

Happy Birthday!

4th **Barbara Drzl**
 11th **Claire Smapson**
 22nd **Sheila Ryan**
 24th **Ralph Zepke**

Dates to Remember

2nd Oktoberfest Entertainment
 3rd Catholic Mass w/Father Wayne
 13th & 27th Communion
 14th Elderly Brothers Perform
 19th Piano Entertainment

Dates to Remember

19th Grace Church Service
 24th Sing Along w/Beverly
 26th Lisa Strolls w/Guitar
 30th Ice Cream Social
 30th Trick or Treaters
 31st Halloween Parade/Party

