

# OCTOBER

# 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 10:30 <b>COG</b> Brain Games 2:00 <b>COG</b> Astronomy with Professors Bailor and Nylander 3:00 <b>SOC</b> Paint & Sip	<b>2</b> 10:30 <b>PHY</b> Chair Yoga 1:30 <b>SOC</b> Resident Council Meeting 2:00 <b>SPR</b> Bible Study with Tom Hicker 3:00 <b>COG</b> UNO	<b>3</b> 10:30 <b>COG</b> Daily Crossword 2:00 <b>PHY</b> Sit & Stretch 3:00 <b>COG</b> BINGO	<b>4</b> 10:30 <b>PHY</b> Tai Chi 2:00 <b>SOC</b> Snacks Around the World 3:00 <b>COG</b> Pumpkin Decorating	<b>5</b> 10:30 <b>PHY</b> Sit & Fit 1:30 <b>COG</b> Word Games 3:00 <b>COG</b> Scrapbooking
<b>6</b>		<b>7</b> 10:30 <b>PHY</b> Walking Club 2:00 <b>COG</b> Astronomy with Professors Bailor and Nylander 3:30 <b>SOC</b> Live Music & Happy Hour	<b>8</b> 10:30 <b>PHY</b> Chair Yoga 2:00 <b>SPR</b> Bible Study with Tom Hicker 3:00 <b>COG</b> UNO	<b>9</b> 10:30 <b>COG</b> Daily Crossword 2:00 <b>PHY</b> Sit & Stretch 3:00 <b>COG</b> BINGO	<b>10</b> 10:30 <b>PHY</b> Tai Chi 2:00 <b>SOC</b> Armchair Travel 3:00 <b>COG</b> Brain Games	<b>11</b> 10:30 <b>PHY</b> Sit & Fit 1:30 <b>COG</b> Word Games 3:00 <b>SOC</b> Sing Along
<b>13</b>		<b>14</b> 10:30 <b>COG</b> Brain Games 1:00 <b>COG</b> Library Day 2:00 <b>COG</b> Astronomy with Professors Bailor and Nylander 3:00 <b>SOC</b> Paint & Sip	<b>15</b> 10:30 <b>PHY</b> Chair Yoga 2:00 <b>SPR</b> Bible Study with Tom Hicker 3:00 <b>COG</b> UNO	<b>16</b> 10:30 <b>COG</b> Daily Crossword 2:00 <b>PHY</b> Sit & Stretch 3:00 <b>COG</b> BINGO	<b>17</b> 10:30 <b>PHY</b> Tai Chi 2:00 <b>SOC</b> Live Music & Happy Hour 3:00 <b>COG</b> Fall Crafts	<b>18</b> 10:30 <b>PHY</b> Sit & Fit 1:30 <b>COG</b> Word Games 3:00 <b>COG</b> Giant Jenga
<b>20</b>		<b>21</b> 10:30 <b>PHY</b> Walking Club 2:00 <b>COG</b> Astronomy with Professors Bailor and Nylander 3:00 <b>COG</b> BINGO	<b>22</b> 10:30 <b>PHY</b> Chair Yoga 2:00 <b>SPR</b> Bible Study with Tom Hicker 3:00 <b>COG</b> UNO	<b>23</b> 10:30 <b>COG</b> Daily Crossword 2:00 <b>SOC</b> Resident Birthday Party 2:00 <b>PHY</b> Sit & Stretch 3:00 <b>COG</b> BINGO	<b>24</b> 10:30 <b>PHY</b> Tai Chi 2:00 <b>SOC</b> Oreo Tasting 3:00 <b>COG</b> Drum Circle	<b>25</b> 10:30 <b>PHY</b> Sit & Fit 1:30 <b>COG</b> Halloween Trivia 3:00 <b>PHY</b> Balloon Volleyball
<b>27</b>		<b>28</b> 10:30 <b>COG</b> Brain Games 2:00 <b>COG</b> Astronomy with Professors Bailor and Nylander 3:00 <b>SOC</b> Paint & Sip	<b>29</b> 10:30 <b>PHY</b> Chair Yoga 2:00 <b>SPR</b> Bible Study with Tom Hicker 3:00 <b>COG</b> UNO	<b>30</b> 10:30 <b>PHY</b> Sit & Stretch 2:00 <b>SOC</b> Halloween Party! 3:00 <b>COG</b> BINGO	<b>31</b> Resident Birthdays: Hazel H- 8/21 Debroah R- 8/31	