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| **Scandinavian Communities, Assisted Living, October 2018** | **MC900030111[1]Sunday** | | **Monday** | | **Tuesday** | | **Wednesday** | | **Thursday** | **Friday** | | **Saturday** | |
| **... Color Code ...**  **Health and Fitness**  **Brain Fitness**  **Entertainment/Socials**  **Dining Out & Trips**  **Creative Expression**  **Inspiration &Spirituality**  **Games**  **Movies** | **1** | | **2** | | **3** | | **4** | | **5** | **6** | |
| 9:30 **Coffee & News**  **w/ Friends**  10:30 **Exercise Class**  **w/ Rebecca**  11:15 **Trivia & Games**  **& More w/ Elan**  2:00 **Book Club**  **Read by Elan**  4:00 **Card Game**  **w/ Rebecca**  6:30 **Scrabble** | | 9:30 **Coffee & News**  **w/ Friends**  10:15 **Golfing**  10:30 **Yoga Class**  **w/ Nancy**  11:30 **Walk About &**  **Checking Garden**  2:00  **Hymn Sing**  3:30 **Bingo**  **w/ Rebecca**  6:30 **Rosary Group** | | **Banking & Shopping Day**  9:30 **Coffee & News**  **w/ Friends**  10:30 **Exercise Class**  **w/ Rebecca**  1:30 **Wii Bowling**  **w/ Rebecca**  2:00 **Exercise Bike**  3:00 **Group Crossword**  **Puzzle**  6:30 **Social Time** | | 9:30 **Coffee & News**  **w/ Friends**  10:30 **Yoga Class**  **w/ Nancy**  1:45 **Music of The**  **Greatest Generation**  2:00 **Exercise Bike**  2:30 **Catholic Mass**  **w/ Fr. Young**  3:30  **Find A Word**  6:30 **Social Time** | | 9:30 **Coffee & News**  **w/ Friends**  10:30 **Exercise Class**  **w/ Rebecca**  12:30 **Piano by Bob**  2:00 **Exercise Bike**  2:00 **Wheel of Fortune**  **w/ Rebecca**  3:30  **Bingo**  6:30 **Movie w/ Mary**  **“National Treasure”** | 9:00 **Health Check**  9:30 **Coffee & News**  **w/ Friends**  10:30 **Exercise Class**  **w/ Carol**  11:00 **Dominoes**  2:30 **Sunshine Cards**  4:00  **Rosemary &**  **Thyme**  6:30 **Social Time** | |
| **7** | **Columbus Day 8**  9:30 Coffee/News  **13** | | **9** | | **10**  9:30 Coffee/News  **13** | | **11** | | **12** | **13** | |
| 9:30 **Coffee & News**  **w/ Friends**  11:30 **Catholic**  **Communion**  2:30 **Worship Service**  3:15 **Afternoon** **Social**  6:30 **Movie w/ Mary**  **“Apollo 13”** | 9:30 **Coffee & News**  **w/ Friends**  10:30 **Exercise Class**  **w/ Rebecca**  11:15 **Trivia & Games**  **& More w/ Elan**  2:00 **Book Club**  **Read by Elan**  4:00 **Card Game**  **w/ Elan**  6:30 **Scrabble** | | 9:30 **Coffee & News**  **w/ Friends**  10:15 **Golfing**  10:30 **Yoga Class**  **w/ Nancy**  11:30 **Walk About &**  **Checking Garden**  2:00  **Food Committee**  3:30 **Bingo**  **w/ Rebecca**  6:30 **Rosary Group** | | **Banking & Shopping Day**  9:30 **Coffee & News**  **w/ Friends**  10:30 **Exercise Class**  1:30 **Pumpkin Carving**  **& Decorating**  2:00 **Exercise Bike**  3:00 **Group Crossword**  **Puzzle**  4:15 **Sparky Visit**  6:30 **Social Time** | | 9:30 **Coffee & News**  **w/ Friends**  10:30 **Yoga Class**  **w/ Nancy**  1:30  **Brown Medical**  **Students Visits**  2:00 **Exercise Bike**  3:30  **Find A Word**  **w/ Rebecca**  6:30 **Social Time** | | 9:30 **Coffee & News**  **w/ Friends**  10:30 **Exercise Class**  **w/ Rebecca**  12:30 **Piano by Bob**  1:30 **Sightseeing**  **In the Van**  2:00 **Exercise Bike**  3:30  **Bingo**  6:30 **Movie w/ Mary**  **“King Arthur”** | 9:00 **Health Check**  9:30 **Coffee & News**  **w/ Friends**  10:30 **Exercise Class**  **w/ Carol**  11:00 **Dominoes**  2:30 **Music Event**  **w/ Steve Burke**  4:00  **Rosemary &**  **Thyme**  6:30 **Social Time** | |
| **14** | **15** | | **16** | | **17** | | **18** | | **19** | 9:00 **Health Check 20** | |
| 9:30 **Coffee & News**  **w/ Friends**  11:30 **Catholic**  **Communion**  2:30 **Worship Service**  3:15  **Ice Cream Social**  6:30 **Movie w/ Mary**  **“Moonlight Mile”** | 9:30 **Coffee & News**  **w/ Friends**  10:30 **Exercise Class**  **w/ Rebecca**  11:15 **Trivia & Games**  **& More w/ Elan**  2:00 **Book Club**  **Read by Elan**  4:00 **Card Game**  **w/ Elan**  6:30 **Scrabble** | | 9:30 **Coffee & News**  **w/ Friends**  10:15 **Golfing**  10:30 **Yoga Class**  11:30 **Program Meeting**  **Review November**  **Calendar**  2:00  **Time for the Soul**  3:30 **Bingo**  6:30 **Bingo w/ Kids from**  **St. Peter’s Parish** | | **Banking & Shopping Day**  9:30 **Coffee & News**  **w/ Friends**  10:00 **Flu Clinic**  1:15  **Resident Council**  2:00 **Exercise Bike**  3:00 **Birthday Party**  **w/ Peter Filippi**  4:15 **L.R.C. Dice Game**  **w/ Rebecca**  6:30 **Social Time** | | 9:30 **Coffee & News**  **w/ Friends**  10:30 **Yoga Class**  11:00 **Cath Communion**  2:00 **Music of The**  **Greatest Generation**  2:00 **Exercise Bike**  3:30  **Find A Word**  6:**00 Elder Abuse &**  **Exploitation**  **Breaking The Silence** | | 9:30 **Coffee & News**  **w/ Friends**  10:30 **Exercise Class**  **w/ Elan**  12:30 **Piano by Bob**  2:00 **Exercise Bike**  2:00 **Wheel of Fortune**  **w/ Elan**  3:30  **Bingo**  6:30 **Movie w/ Mary**  **“Without Limits”** | 9:30 **Coffee & News**  **w/ Friends**  10:30 **Exercise Class**  Image result for accordion clipart free11:00 **Dominoes**  12:30 **Oktoberfest**  **w/ Joe**  2:30 **Trivia & Games**  **& More w/ Elan**  4:00  **Rosemary &**  **Thyme**  6:30 **Social Time** | |
| **21** | **22** | | **23** | | **Banking & Shopping 24** | | **25** | | **26** | **27** | |
| 9:30 **Coffee & News**  **w/ Friends**  11:30 **Catholic**  **Communion**  2:30 **Worship Service**  3:15 **Afternoon** **Social**  6:30 **Movie w/ Mary**  **“Sabrina”** | 9:30 **Coffee & News**  **w/ Friends**  10:30 **Exercise Class**  **w/ Rebecca**  11:15 **Trivia & Games**  **& More w/ Elan**  2:00 **Book Club**  **Read by Elan**  4:00 **Card Game**  **w/ Elan**  6:30 **Scrabble** | | 9:30 **Coffee & News**  **w/ Friends**  10:15 **Golfing**  10:30 **Yoga Class**  11:30 **Walk About &**  **Checking Garden**  2:00 **Hello Hollywood**  **w/ Pauline**  3:30 **Bingo**  **w/ Rebecca**  6:30 **Rosary Group** | | 9:30 **Coffee & News**  **w/ Friends**  10:30 **Exercise Class**  11:15 **Resident Health**  **In-service**  2:00 **Wii Bowling**  2:00 **Exercise Bike**  3:30 **Group Crossword**  **Puzzle**  6:30 **True Stories**  **By Bob Cleasby** | | 9:30 **Coffee & News**  **w/ Friends**  10:30 **Yoga Class**  2:00 **Hall Library**  **w/ Rebecca**  2:00 **Exercise Bike**  3:30  **Music Event**  **w/ Gary Wright**  6:30 **Memory Loss,**  **Dementia and**  **Alzheimer’s Disease** | | 9:30 **Coffee & News**  **w/ Friends**  10:30 **Exercise Class**  **w/ Rebecca**  12:30 **Piano by Bob**  1:30 **Sightseeing**  **In the Van**  2:00 **Exercise Bike**  3:30  **Bingo**  6:30 **Movie w/ Mary**  **“The Tourist”** | 9:00 **Health Check**  9:30 **Coffee & News**  **w/ Friends**  10:30 **Exercise Class**  **w/ Carol**  11:00 **Dominoes**  2:30 **Trivia & Games**  **& More w/ Elan**  4:00  **Rosemary &**  **Thyme**  6:30 **Social Time** | |
| **28** | **29** | | **30** | | **Banking & Shopping 31** | | **Hairdresser**  Wednesday, 9:00AM – 3:00PM  Friday, 9:00AM – 3:00PM | | | | |
| 9:30 **Coffee & News**  **w/ Friends**  11:30 **Catholic**  **Communion**  2:30 **Worship Service**  3:15 **Afternoon** **Social**  6:30 **Movie w/ Mary**  **“Sister Act”** | 9:30 **Coffee & News**  **w/ Friends**  10:30 **Exercise Class**  **w/ Rebecca**  11:15 **Trivia & Games**  **& More w/ Elan**  2:00 **Book Club**  **Read by Elan**  4:00 **Card Game**  **w/ Elan**  6:30 **Scrabble** | | 9:30 **Coffee & News**  **w/ Friends**  http://clipartzebraz.com/cliparts/halloween-clip-art/cliparti1_halloween-clip-art_05.jpg10:15 **Golfing**  10:30 **Yoga Class**  **w/ Rebecca**  11:30 **Walk About &**  **Checking Garden**  2:00  **Cock-A-Roach**  3:30 **Bingo**  6:15 **Trick or Treaters**  & **Halloween Party** | | 9:30 **Coffee & News**  10:30 **Exercise Class**  12:30  **Halloween**  **Luncheon Party**  **& Costume Contest**  2:00 **Wii Bowling**  2:00 **Exercise Bike**  3:30 **Group Crossword**  **Puzzle**  6:30 **True Stories**  **By Bob Cleasby** | |