

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2025

Activities are subject to change. Any new changes will be announced and posted. Activity programs will be held by Sandra Yeboah, Activity Director.

			1 Strength & Balance (MR) 9:30am –10:15am Story Time 11am – 1pm Making Oreo Milk Shake (MR) 2pm-3pm Yom Kippur Begins	2 Social Hour (MR) 9:30am –10:15am Finish the Phrase (MR) 10:30am – 11:30am Men's Group (MR) 2:15 pm – 3:15pm	3 Fitness Friday (MR) 9:30am –10:15am Bible Talk (MR) 10:30am – 11:30am Baking Brownies (DR) 2:15pm-3:15pm	4 Morning Stretch (MR) 9:30am –10:15am Board Game (MR) 10:30am – 11:30am Brain Games (MR) 2pm – 3pm
5 Read A Book (MR) 10:00am-11:00am Religious Service (MR) 1:15pm– 3:00pm Residents Choice 3:15 pm – 4:45pm	6 Televised Exercise (MR) 9:30am –10:15am Creative Coloring (MR) 10:30am – 11:30am Independent Activity (MR) 2pm – 3pm Sukkot Begins	7 Daily Views (MR) 9:30am –10:15am Big Word Game (MR) 10:30am – 11:30am Bingo Fun (MR) 2:15pm – 3:15pm	8 Independent Activity (MR) 9:30am –10:15am Lunch Bunch To Chinese Buffet 11:30am-1:30pm Movie Matinee (MR) 2:30pm – 3:15pm	9 Morning News (MR) 9:30am –10:15am Sip & Paint 10:30am – 11am The African Show w/Rita (MR) 2:15pm – 3:15pm	10 Chair Exercise (MR) 9:30am –10:15am Today's headline (MR) 10:30am – 11:30am Bingo Fun 2:15pm-3:15pm	11 Breathing Exercise (MR) 9:30am –10:15am I Remember That! (MR) 10:30 am– 11:30am Bingo Fun (MR) 2pm – 3pm
12 Board Games (MR) 10:00am-11:00am Religious Service (MR) 1:15pm– 3:00pm Independent Activity (MR) 3:15pm-4:45pm	13 Read A Book (MR) 9:30am –10:15am Creative Coloring (MR) 10:30am – 11:30am Pep Talk (MR) 2:15 pm – 3:15pm Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	14 Morning Social (MR) 9:30am –10:15am Feelings in a Jar (MR) 10:30am-11:30am Bingo Fun (MR) 2:15pm-3:15pm Simchat Torah Begins	15 Coffee Circle (MR) 9:30am –10:15am Story Time (MR) 10:30am-11:30am Poetry Club (MR) 2:15 pm – 3:15pm	16 News & Views (MR) 9:30am –10:15am Let's Color (MR) 10:30am – 11:30am Food Committee & Residents Council Meeting (DR) 1:40pm-3pm	17 Sit & Stretch (MR) 9:30am –10:15am Bible Studies (MR) 10:30am – 11:30am Women's Group (MR) 2:15pm-3:15pm	18 Sit & Fit (MR) 9:30am –10:15am Coffee & Convo 10:30am-11:30am Independent Activity (MR) 2pm – 3pm
19 Brain Games (MR) 10:00am-11:00am Religious Service (MR) 1:15pm– 3:00pm Residents Choice 3:15 pm – 4:45 pm	20 Sit & Fit (MR) 9:30am –10:15am Daily Chronicles (MR) 10:30am – 11:30am Scratch a Craft (MR) 2:15pm – 3:15pm	21 Seated Tai-Chi (MR) 9:30am –10:15am Riddle Me This (MR) 10:30am – 11:30am Bingo Fun (MR) 2pm –3pm	22 Sit &Fit (MR) 9:30am –10:15am Shopping @ Burlington 11am – 1:30pm Fitness w/Stuart (MR) 2:30pm – 3pm	23 Chair Aerobic Exercise (MR) 9:30am –10:15am Trivia Pursuit (MR) 10:30 am– 11:30am Movie Matinee (MR) 2:15pm-3:15pm	24 Today's headline (MR) 9:30am –10:15am Fun Friday (MR) 10:30am – 11:30am Family Feud Game ((DR) 2pm – 3pm	25 Meditation (MR) 9:30am –10:15am Chat with Sandra (MR) 10:30 am– 11:30am Bingo Fun (MR) 2pm – 3pm
26 Daily Chronicles (MR) 10:00am-11:00am Religious Service (MR) 1:15pm– 3:00pm Independent Activity (MR) 3:15 pm – 4:45 pm	27 Color Me (MR) 9:30am –10:15am News & Views (MR) 10:30am – 1:30pm Funny Jokes (MR) 2:00pm – 3:00pm	28 Exercise (MR) 9:30am –10:15am Walking Club (MR) 10:30am – 11:30am Craft & Snack (MR) 2:15pm – 3:15pm	29 Pep Talk (MR) 9:30am –10:15am Travelogue (MR) 10:30am – 11:30am Eat Inn (MR) 2:15 pm – 3:15pm	30 Morning News (MR) 9:30am –10:15am Short Stories (MR) 10:30am – 11:30am Pictionary (MR) 2:15pm – 3:15pm	31 Sit & Stretch (MR) 9:30am –10:15am Face Panting (DR) 12:30pm – 1pm Halloween/Birthday Celebration (DR) 1pm-2pm Halloween	Resident of the Month; Carmen. R

COUNTRY KITCHEN IS SERVED DAILY. LOCATION KEY: LOBBY (L) DINING ROOM (DR) MOVIE ROOM (MR)