

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>October 2024</h1>		10:30am Cardio Drum Fit <b>1</b> 11:00am Wisdom of the Heart/Coffee Break 12:15pm October Birthdays <b>1:00pm Piano Music with Rusty</b> <b>2:30pm Learn About It-Plant Guy Jeff Eleveld</b> 3:45pm Happy Hour 6:00pm Game Night with Anna	10:30am Chair Yoga Stretch <b>2</b> <b>11:00am Rosh Hashanah talk with Marjorie and Anna</b> 1:15pm Catholic Communion <b>2:00pm Poetry &amp; Art Class</b> 3:15pm .25 Bingo 4:00pm Mix and Mingle 6:00pm My Cousin Vinny Rosh Hashanah Begins	10:30am Morning workout <b>3</b> with weights 11:15am Poetry Reading 1:00pm Aromatherapy with Hand Massages <b>2:00pm Broadway Tunes with Sheri Zuccardi</b> 3:15pm Rummikub/Card Sharks 6:00pm The Prime of Miss Jean Brodie	<b>Smile Day!</b> <b>4</b> 10:30am Fitness-Infinity Ball 11:00am Flower Arranging <b>11:15am Lunch Trip-Dmitri's in Coventry</b> 2:00pm Spa Time with Dea 2:30pm .25 Bingo 3:45pm Happy Hour 6:00pm TV Classics-Andy Griffith Show	10:30am Morning Fitness <b>5</b> 11:00am Name that Tune 1:15pm Rosary 2:00pm Walking Club 2:30pm National Story Telling Day. Fortune Cookies of Kindness 3:15pm Rummikub 6:00pm Giant Jenga <b>World Kindness Day</b>
	10:30am Morning Workout <b>6</b> 11:00am October Fun Facts 1:00pm Game of the Week Patriots vs. Dolphins 1:15pm Manicures with Alyssa and Chloe 1:30pm Creative Corner- Leaf Lanterns 3:15pm Sundaes on Sunday 6:00pm Sunday Funnies- Groucho Marx	10:30am Full Body Stretch <b>7</b> 11:00am Laughter Yoga <b>2:00pm Welcome- New Resident Meet and Greet</b> 3:15pm Benefit Bingo 6:00pm Scattergories w Prudvhi <b>7:00pm Ukulele Practice with Dr. Uke</b>	10:30am Cardio Drum Fit <b>8</b> 11:00pm Brain Fitness- Jeopardy -October Edition <b>1:30pm Wellness Talk= "Cover your Cough" with Jill from Masters in Home Care</b> 2:00pm Creative Cooking - 3:45pm Happy Hour 6:00pm Move Night- Arsenic and Old Lace	10:30am Chair Yoga Stretch <b>9</b> 11:15am <b>Resident Council</b> 1:30pm Outdoor Stroll <b>2:00pm Music and Art Class with Bill Dougal</b> 3:15pm Bingo Bonanza 4:00pm Mix and Mingle with songs from the Beatles 6:00pm LRC with Anna <b>John Lennon Day</b>	10:30am AM Workout w weights <b>10</b> 11:15am Stars Birthdays 1:00pm Hand Massages <b>2:00pm John Bankers Oktoberfest Celebration</b> 3:15pm Ladies Tea 3:15pm Men's Club with O'Douls and Pretzels 6:00pm Travelogue-Germany	Wear Your Favorite Socks! <b>11</b> 10:30am Conductercise 11:00am Flower Arranging 11:00am Tinker Club <b>1:00pm Out Trip -Olde Cider Mill</b> <b>2:00pm Pumpkin Decorating</b> 2:30pm .25 Cent Bingo 3:45pm Happy Hour- Yom Kippur Begins
10:30am Morning Workout <b>13</b> with Yoga Balls 11:00am Wordscapes 1:00pm Game of the Week: Patriots vs. Texans 1:30pm Kitchen Memories- Apple Crisp 3:30pm Social Bingo 6:00pm Sunday Funnies-	10:30am Morning Exercise with Powerback <b>14</b> 11:15am Indigenous Peoples Day <b>2:00pm Worship Service</b> 3:15pm Benefit Bingo 6:00pm Game night with Prudhvi	10:30am Cardio Drum Fit <b>15</b> 11:00am Brain Fitnel Love Lucy Trivia and Puzzles <b>2:00pm Tom Kosturko's Bird Show</b> 3:45pm Happy Hour- I Love Lucy-What Am I? Style 6:00pm Classic I Love Lucy <b>I Love Lucy Day</b>	10:30am Chair Yoga Stretch <b>16</b> 11:15am <b>Baking Group-Pumpkin Bread</b> 1:30pm Outdoor Stroll <b>2:00pm Art Class with Bill Dougal</b> 3:15pm Bingo Bonanza 4:00pm Mix and Mingle- 6:00pm Apples to Apples with Anna	10:30am Morning Workout <b>17</b> with weights 11:15am TV Shows of the Past 1:00pm Aromatherapy with Hand Massages <b>2:00pm Pianist Ruriko Performs</b> 3:00pm Taste of the Season 3:15pm Rummikub 6:00pm Biography- Reagan	Fun Friday! <b>18</b> Wear Your Favorite Football Colors! 10:30am Fitness-Volley for 11:00am Flower Arranging <b>11:00am Veteran's Social with Sean</b> 2:00pm Addison Place Fair! 2:30pm .25 Cent Bingo 3:45pm Happy Hour	10:30am Morning Fitness <b>19</b> 11:00am What's the Buzz 1:15pm Rosary 2:00pm Walking Club 2:30pm Cinema Hlstory 3:15pm Rummikub /Dominoes 6:00pm Corn Hole with Mikey
10:30am Morning Fitness <b>20</b> with Yoga Balls 11:00am 1:00pm Game of the Week: Giants vs. Eagles 1:15pm Boo-tiful Nails Alyssa and Chloe 1:30pm Creative Corner- Ceramic Leaf Pins 3:15pm Sundaes on Sunday 6:00pm Sunday Funnies	10:30am Full Body Stretch <b>21</b> <b>11:00am Dog Talk with Lisa "Historical Dogs"</b> <b>2:00pm Wellness Talk-Sensory Changes with Aging"</b> 3:15pm Benefit Bingo 4:00pm Apple Cider Social 6:00pm Uno with Prudhvi 7:00pm Ukulele Practice with Dr. Uke	10:30am Cardio Drum Fit <b>22</b> 11:00am Brain Fitness- Group Crossword Puzzle <b>2:00pm Get Your Goat Farm Visits!</b> 3:00pm What's in a Word? <b>3:45pm Happy Hour</b> 6:00pm Movie Night-	10:30am Chair Yoga Stretch <b>23</b> 11:15am Bible Study with Don 1:30pm Outdoor Stroll <b>2:00pm Art Class with Bill Dougal</b> 3:15pm .25 Bingo 4:00pm Mix and Mingle 6:00pm Jukebox Bingo 7:00pm Glastonbury Chorus Rehearsal	10:30am Morning Workout <b>24</b> with weights 11:15am Brain Fitness- Everything A-Z 1:00pm Aromatherapy with Hand Massage <b>2:00pm Mike Markowitz on guitar</b> 3:15pm Rummikub/Card Sharks 6:00pm Documentary	Fun Friday! <b>25</b> 10:30am Fitness with Bands 11:00am Flower Arranging 11:30am Lisa Beamer Visit 2:00pm Design your own Halloween cupcake 2:30pm .25 Cent Bingo 3:45pm Happy Hour/Name That Opera <b>World Opera Day</b>	<b>World Pumpkin Day</b> <b>26</b> 10:30am Morning Fitness 11:00am The History of Halloween 1:15pm Rosary 2:00pm Walking Club 2:30pm Pumpkin Carving with Mikey 3:15pm Rummikub/Axe Toss 6:00pm Putt Putt Golf
10:30am Morning Fitness <b>27</b> with Yoga Balls 11:00am Pondering Prompt 1:00pm Game of the Week NY Jets vs. NE Patriots: 1:30 pm Pumpkin Chocolate Chip Muffins 3:15pm Apple Cider Social 6:00pm Sunday Funnies	10:30am Exercise with Powerback <b>28</b> 11:15am Monday Memories 2:00pm Tips, Tricks, Treats Party 3:15pm Benefit Bingo 4:00pm Coffee Break 6:00pm Scrabble with Prudhvi	10:30am Cardio Drum Fit <b>29</b> 11:00am Travel to Borneo 2:00pm Leah From Rannaculus Flower Shoppe Program! 3:45pm Happy Hour 6:00pm Movie Night- Beetlejuice	10:30am Chair Yoga Stretch <b>30</b> 11:15am Who Am I? 1:30pm Outdoor Stroll <b>2:00pm Art Class will Bill Dougal</b> 3:15pm .25 Bingo 4:00pm Mix and Mingle 6:00pm Axe Toss <b>Flu Clinic Held Today</b>	10:30am Morning Workout <b>31</b> with weights <b>11:15am Food for Thought</b> <b>2:00pm Kathy Gregory's Boo Bash!</b> 3:15pm Rummikub Halloween		