

 October AL/IL Activity Calendar						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30 AM Catholic Mass 10:30 AM Chair Exercise 11:00 AM TRIP: Botanic Gardens 3:00 PM Rummikub - Resident Led 4:00 PM Men's Club 6:15 PM Documentary Movie	2 9:30 AM Coffee & Current Events 10:30 AM Chair Exercise 11:00 AM Movement Madness! 1:30 PM Yahtzee 2:00 PM Bible Study 3:00 PM Book Club 6:15 PM Musical Movie	3 9:30 AM Pray the Rosary 10:30 AM Chair Exercise 11:00 AM Nail Salon 1:30 PM Game Room Rendezvous 3:00 PM Happy Hour with Rick 6:15 PM Friday Flick: Resident's Pick!	4 9:30 AM Sunrise Stroll 10:30 AM Chair Exercise 11:00 AM Movement Madness! 1:30 PM Fall Craft Corner 3:00 PM Bingo! 6:15 PM Weekend Film
5 9:15 AM Pastries & Coffee 9:45 AM Tri-City Baptist Church 11:00 AM Broncos Game! 1:30 PM Mocktails 3:00 PM Sunday Social 6:15 PM Weekend Film	6 9:30 AM Rise & Shine 10:30 AM Chair Exercise 11:00 AM Roll & Shuffle 1:30 PM Masterpiece Monday 2:00 PM Support Group 3:00 PM Curious Dragonfly: Amelia Earhart Pt. 2 6:15 PM Comedy Movie	7 9:30 AM Coffee & Chat 10:30 AM Exercise with EmpowerMe 11:00 AM One-on-Ones 1:30 PM Water the Houseplants 2:00 PM Tasty Tuesday 3:00 PM Bingo! 6:15 PM Classic Movie	8 9:30 AM Catholic Mass 10:30 AM Chair Exercise 11:00 AM Halloween Door Decorating! 1:00 PM TRIP: Scenic Drive 3:00 PM Rummikub 4:00 PM Women's Club 6:15 PM Documentary Movie	9 9:30 AM Coffee & Current Events 10:30 AM Chair Exercise 11:00 AM Movement Madness! 1:30 PM Dice Game - Left, Right, Center 2:00 PM Bible Study 3:00 PM Book Club 6:15 PM Musical Movie	10 9:30 AM Pray the Rosary 10:30 AM Chair Exercise 11:00 AM Nail Salon 1:30 PM Game Room Rendezvous 3:00 PM Happy Hour with Dino 6:15 PM Friday Flick: Resident's Pick!	11 9:30 AM Sunrise Stroll 10:30 AM Chair Exercise 11:00 AM Movement Madness! 1:30 PM Fall Craft Corner 3:00 PM Bingo! 6:15 PM Weekend Film
12 7:30 AM Broncos Game! 9:30 AM Pastries & Coffee 10:30 AM Virtual Church 11:00 AM Walk & Roll 1:30 PM Mocktails 3:00 PM Sunday Social - October Birthdays Party! 6:15 PM Weekend Film	13 9:30 AM Rise & Shine 10:30 AM Chair Exercise 11:00 AM Roll & Shuffle 1:30 PM Masterpiece Monday 2:00 PM Support Group 6:15 PM Comedy Movie	14 9:30 AM Coffee & Chat 10:30 AM Exercise with EmpowerMe 11:00 AM One-on-Ones 1:00 PM Therapy Dog Ralston! 2:00 PM Tasty Tuesday 3:00 PM Bingo! 6:15 PM Classic Movie	15 9:30 AM Catholic Mass 10:30 AM Chair Exercise 11:00 AM Halloween Door Decorating! 1:00 PM TRIP: Goodwill 3:00 PM Rummikub 4:00 PM Men's Club 6:15 PM Documentary Movie	16 9:30 AM Coffee & Current Events 10:30 AM Chair Exercise 11:00 AM Movement Madness! 1:30 PM Kings in the Corner 2:00 PM Bible Study 3:00 PM Book Club 6:15 PM Musical Movie	17 9:30 AM Pray the Rosary 10:30 AM Chair Exercise 11:00 AM Nail Salon 1:30 PM Game Room Rendezvous 3:00 PM Happy Hour 6:15 PM Friday Flick: Resident's Pick!	18 7:30 AM Breakfast with Liz & Lavonne 9:30 AM Sunrise Stroll 10:30 AM Chair Exercise 11:00 AM Movement Madness! 1:30 PM Fall Craft Corner 3:00 PM Bingo! 6:15 PM Weekend Film
19 9:30 AM Pastries & Coffee 10:30 AM Virtual Church 11:00 AM Walk & Roll 1:30 PM Mocktails 2:00 PM Broncos Game 3:00 PM Sunday Social 6:15 PM Weekend Film	20 9:30 AM Rise & Shine 10:30 AM Music with Meridith 1:30 PM Masterpiece Monday 2:00 PM Support Group 3:00 PM Curious Dragonfly: Amelia Earhart Pt. 3 6:15 PM Comedy Movie	21 9:30 AM Coffee & Chat 10:30 AM Exercise with EmpowerMe 11:00 AM One-on-Ones 1:30 PM Resident Council 2:00 PM Tasty Tuesday 3:00 PM Bingo! 6:15 PM Classic Movie	22 9:30 AM Catholic Mass 10:30 AM Chair Exercise 11:00 AM Bingo Bucks Store! 1:00 PM TRIP: King Soopers 3:00 PM Rummikub 4:00 PM Women's Club 6:15 PM Documentary Movie	23 9:30 AM Changes to Medicare Presentation 10:30 AM Chair Exercise 11:00 AM Movement Madness! 1:30 PM Rummy 2:00 PM Bible Study 3:00 PM Book Club 6:15 PM Musical Movie	24 9:30 AM Pray the Rosary 10:30 AM Chair Exercise 11:00 AM Nail Salon 1:30 PM Game Room Rendezvous 3:00 PM Happy Hour with Leonard 6:15 PM Friday Flick: Resident's Pick!	25 9:30 AM Sunrise Stroll 10:30 AM Chair Exercise 11:00 AM Movement Madness! 1:30 PM Fall Craft Corner 3:00 PM Bingo! 6:15 PM Weekend Film
26 9:30 AM Pastries & Coffee 10:30 AM Virtual Church 11:00 AM Walk & Roll 1:30 PM Mocktails 2:15 PM Broncos Game 3:00 PM Sunday Social 6:15 PM Weekend Film	27 9:30 AM Rise & Shine 10:30 AM Chair Exercise 11:00 AM Roll & Shuffle 1:30 PM Masterpiece Monday 2:00 PM Support Group 6:15 PM Comedy Movie	28 9:30 AM Coffee & Chat 10:30 AM Exercise with EmpowerMe 11:00 AM One-on-Ones 1:00 PM Therapy Dog Ralston! 2:00 PM Tasty Tuesday 3:00 PM Bingo! 6:15 PM Classic Movie	29 9:30 AM Catholic Mass 10:30 AM Chair Exercise 11:15 AM TRIP: Lunch at Las Potrancas 2:00 PM Halloween Costume Closet! 3:00 PM Rummikub 4:00 PM Men's Club 6:15 PM Documentary Movie	30 9:30 AM Get Ready for Trick-or-Treaters! 10:00 AM Little Loves Preschool Trick-or-Treat! 1:30 PM Crazy Eights 2:00 PM Bible Study 3:00 PM Book Club 6:15 PM Musical Movie	31 9:30 AM Pray the Rosary 10:30 AM Chair Exercise 11:00 AM Nail Salon 1:00 PM Creepy Crawl & Costume Contest! 3:00 PM Halloween Happy Hour with Dino Cuneo 6:15 PM Halloween Movie!	