

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY AR - Aerobics Room ACR - Arts and Crafts Room EC - Event Center G - Gym	L - Lobby MR3 - Meeting Room 3rd Floor P - Pool T - Theater		8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 10:30 SH Operations & Grounds Forum (ACR) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	1 6:30PM Hallock Lecture Series (L) 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 2:00 Food Forum (EC) 4:00 Yoga Class (AR) 7:00 Mahjongg (6th floor Card Table)	2 2:00PM Wii BOWLING CHAMPIONSHIP (EC) 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 10:30 Activities Forum (ACR) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	3 11:00 Chair Volleyball (EC) 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	5 2:00PM Holiday Table Design Demo (EC) 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (AR) 7:00 Mahjongg (6th floor Card Table)	6 6:45PM The Book of Mormon (L) 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:30 Healthcare Forum (EC) 11:00 Mobility & Balance (AR) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR) 4:00 Yoga Class (AR) 4:45 Spring Harbor Vocal Ensemble (EC) 7:00 Dominoes (ACR) 7:00 Poker (Billiards Room)	7 8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	8 2:00PM CSU Around the World Lecture (EC) 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 4:00 Yoga Class (AR) 7:00 Mahjongg (6th floor Card Table)	9 4:00PM OKTOBERFEST (EC) 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	10 6:45PM CSO: The King of Instrument (L) 11:00 Chair Volleyball (EC) 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
4:00PM Chamber Music Recital (EC) 10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	12 Indigenous Peoples' Day 4:30PM Music Monday (EC) 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (AR) 7:00 Mahjongg (6th floor Card Table)	13 10:30AM Townhall (EC) 8:00 Walking Group (L) 9:30 Cornhole (EC) 11:00 Mobility & Balance (AR) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR) 4:00 Yoga Class (AR) 4:45 Spring Harbor Vocal Ensemble (EC) 7:00 Dominoes (ACR) 7:00 Poker (Billiards Room)	14 8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 7:00 Bingo (EC)	15 2:00PM Resident Birthday Party (EC) 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 4:00 Yoga Class (AR) 7:00 Mahjongg (6th floor Card Table)	16 10:00AM Breast Cancer Awareness Walk 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	17 11:00 Chair Volleyball (EC) 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
4:00PM Musical Theater Workshop (EC) 10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	19 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (AR) 7:00 Mahjongg (6th floor Card Table)	20 2:00PM Caregiver Support Group (MR3) 5:00PM Dinner Trip (L) 6:45PM Momix: Alice (L) 8:00 Walking Group (L) 9:30 Cornhole (EC) 11:00 Mobility & Balance (AR) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR) 4:00 Yoga Class (AR) 4:45 Spring Harbor Vocal Ensemble (EC) 7:00 Dominoes (ACR) 7:00 Poker (Billiards Room)	21 8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	22 10:00AM Marannook Lunch Trip (L) 6:15PM Bread Tribute: Toast (L) 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 4:00 Yoga Class (AR) 7:00 Mahjongg (6th floor Card Table)	23 4:00PM Poppa Ray BBQ Themed Dinner (DH) 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	24 6:45PM Phantom of the Opera Silent (L) 11:00 Chair Volleyball (EC) 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
11:00AM Grand Buffet (DR) 3:00PM Schwartz Recital #1 (EC) 10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	26 6:15PM U.S Army Jazz Ambassadors (L) 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (AR) 7:00 Mahjongg (6th floor Card Table)	27 6:30PM Schwartz Recital #2 (EC) 8:00 Walking Group (L) 9:30 Cornhole (EC) 11:00 Mobility & Balance (AR) 11:00 Episcopal Communion (MR3) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR) 4:00 Yoga Class (AR) 4:45 Spring Harbor Vocal Ensemble (EC) 7:00 Dominoes (ACR) 7:00 Poker (Billiards Room)	28 8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	29 6:45PM Dracula: Comedy of Terrors (L) 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 4:00 Yoga Class (AR) 7:00 Mahjongg (6th floor Card Table)	30 Halloween 4:00PM Halloween Social Hour (EC) 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	31

