












Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 Muscles in Motion – 1971 1 10:30 Yoga/Stretch – 1971 10:40 Bible Study – Highlanders 2:00 Manicures – 3 6:00 Roulette – 3	10:00 Move & Groove – 1971 2 11:00 Chaplain's Corner – 2 1:30 Keno – 3 3:30 Happy Hour – Dining Room  <small>Rosh Hashanah Begins</small>	10:00 Move & Groove – 1971 3 10:00 Bingo – 3 10:30 Muscles in Motion – 1971 2:00 Craft Corner – 3 PC Pumpkin Patch 	10:00 Move & Groove – 1971 4 10:15 Joyride! Sign Up Required 10:30 Better Balance – 1971 2:00 Drum Circle w/ Matt Price – C Sign Up Required 3:00 Friday Reflection – 1971 3:00 Exercise Class – 1971	1:00 Movie Matinee – 1971 5 <i>My All American</i>
2:30 Interfaith Service – C/1971 8:20pm Steelers vs Cowboys	6 9:00 Monday Reflection – 1971 7 9:30 Resistance Training – 1971 11:00 Better Balance – 1971 *Kelsey is Off	8 10:00 Muscles in Motion – 1971 10:30 Yoga/Stretch – 1971 10:40 Bible Study – Highlanders 2:00 Manicures – 3 6:00 Therapy Dog Visit 	9 10:00 Move & Groove – 1971 11:00 Chaplain's Corner – 2 1:30 Keno – 3 3:00 Doo-Wop Music w/ Jack Nicora – C/1971	10 10:00 Move & Groove – 1971 10:30 Muscles in Motion – 1971 2:00 Let's Bake Pumpkin Cinnamon Rolls 	11 10:00 Move & Groove – 1971 10:30 Better Balance – 1971 1:30 Bingo – 3 3:00 Friday Reflection – 1971 3:00 Exercise Class – 1971 <small>Yom Kippur Begins</small>	12 10:00 Sourdough Saturday – CK 1:00 Movie Matinee – 1971 <i>Find Me Falling</i>
2:30 Interfaith Service – C/1971 4:00 Steelers Watch Party – C 4:05pm Steelers vs Raiders  Happy Birthday Kathleen M!	13 9:00 Monday Reflection – 1971 14 9:30 Resistance Training – 1971 10:30 Trivia Quest – 3 11:00 Better Balance – 1971 2:00 Scrabble – 3 <small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small>	15 10:00 Muscles in Motion – 1971 10:00 National 'I Love Lucy' Day! I Love Lucy Marathon – 3 10:30 Yoga/Stretch – 1971 10:40 Bible Study – Highlanders 2:00 Manicures – 3 6:00 Washer Toss – 3	16 10:00 Move & Groove – 1971 11:00 Chaplain's Corner – 2 1:30 'Elvis Magic' w/ Cliff Abbott – C/1971 3:15 Keno – 3 <small>Sukkot Begins</small>	17 10:00 Move & Groove – 1971 10:30 Muscles in Motion – 1971 2:00 Craft Corner – 3 Popsicle Stick Scarecrow	18 10:00 Move & Groove – 1971 10:15 Joyride! Sign Up Required 10:30 Better Balance – 1971 1:30 'Ghost' Bingo – 3 3:00 Friday Reflection – 1971 3:00 Exercise Class – 1971	19 1:00 Movie Matinee – 1971 <i>23 Blast</i>
2:30 Interfaith Service – C/1971 8:15 Steelers Watch Party – C 8:20pm Steelers vs Jets 	20 9:00 Monday Reflection – 1971 21 9:30 Resistance Training – 1971 11:00 Better Balance – 1971 *Kelsey is Off	22 10:00 Muscles in Motion – 1971 10:30 Yoga/Stretch – 1971 10:40 Bible Study – Highlanders 2:00 Manicures – 3 6:00 Bocce – 3	23 10:00 Move & Groove – 1971 11:00 Chaplain's Corner – 2 2:00 Music by the Highland Strummers – C/1971	24 10:00 Move & Groove – 1971 10:30 Muscles in Motion – 1971 10:00 Keno – 3 2:00 Let's Cook – CK Chili <small>Simchat Torah Begins</small>	25 10:00 Move & Groove – 1971 10:30 Better Balance – 1971 1:30 Bingo – 3 3:00 Friday Reflection – 1971 3:00 Exercise Class – 1971 3:15 Memorial Service – C	26 1:00 Movie Matinee – 1971 <i>Secrets of the Neanderthals</i> 2:00 Halloween Parade! – Front of Building  Happy Birthday Louise S!
2:30 Interfaith Service – C/1971 8:15pm Steelers vs Giants	27 9:00 Monday Reflection – 1971 28 9:30 Resistance Training – 1971 10:30 Trivia Quest – 3 11:00 Better Balance – 1971 2:00 Scrabble – 3 	29 10:00 Muscles in Motion – 1971 10:00 Manicures – 3 10:30 Yoga/Stretch – 1971 10:40 Bible Study – Highlanders 1:30-4:30 Men's Club – C	30 10:00 Move & Groove – 1971 10:00 Food Committee – 3 11:00 Chaplain's Corner – 2 12:00 Birthday Party! – Dining Room 1:30 Spook-Keno – 3	31 10:00 Move & Groove – 1971 10:30 Muscles in Motion – 1971 2:00 Armchair Travel – 3 Salem, Massachusetts Ghostbusters Halloween Ghost Hunt 		

Activities in PINK can be attended in the Chapel or viewed on Channel 1971 – Activities are subject to change.