














OCTOBER 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 1 11:00 Chapel Service (CH) 6:00 Games (AR) | 2 9:00 Ex. on own (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Show&Tell (AR) 2:30 Memoir Writing (AR) 2:30 Parables Study (CH) 3:30 Cards (AR) 6:00 Scrabble (AR)  | 3 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Converse(AR) 10:45 Catholic Service(CH) 11:30 Strength Circuit (FC) 1:30 VVC Practice (AR) 2:30 Bingo (AR) 2:30 Scripture Study (CH) 3:00 Bldg & Grnd Mtg (MR) 6:00 Euchre/Pinochle (AR) | 4 Blessing of the Pets 9:00 Stretch & Relax (HWC) 9:30 Croissant Bingo (AR) 10:30 Seated Stretch (AR) 11:00 Blessing of the Pets(CH) 1:30 Yahtzee (AR) 1:30 Hand & Foot (AR) 1:30 Tai Chi (HWC) 2:30 BibleTrivia/Games (CH) 3:00 Culinary Comm (MR) 6:00 Bridge/Cards (AR) | 5 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 11:00 IC Potluck Bingo (LB) 11:30 Drumming (AR) 1:30 VVC Practice (AR) 2:00 Knit & Crochet (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) | 6 9:00 Ex. on own (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (MR) 10:30 Seated Strength (AR) 1:30 Fall door hanger (AR) | 7 9:30 Bingo (AR) 1:00 IL Movie (CM) 1:30 AL Movie(AR)  |
| 8 11:00 Chapel Service (CH) 6:00 Games (AR) | 9 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:00 Blake's (LB) 10:30 Seated Exercise (AR) 1:30 VVC Practice (AR) 2:30 Parables Study (CH) 3:30 Cards (AR) 6:00 Dominoes (AR) | 10 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Convers(AR) 10:45 Catholic Mass (CH) 11:30 Strength Circuit (FC) 1:30 Resident Assoc (MR) 2:30 Scripture Study (CH) 6:00 Euchre/Pinochle (AR)  | 11 9:00 Stretch & Relax (HWC) 9:30 Popcorn Bingo (AR) 10:30 Seated Stretch (AR) 1:30 Yahtzee (AR) 1:30 Hand & Foot (AR) 1:30 Tai Chi (HWC) 2:30 BibleTrivia/Games (CH) 6:00 Bridge/Cards (AR) | 12 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 10:30 Painting w/ Linda (AR) 11:00 Rosary (CH) 11:30 Drumming (AR) 1:30 VVC Practice (AR) 2:00 Knit/Crochet (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) 6:00 Parkinson's Support Group (RT) 7:00 CandlelightConcert(CH) | 13 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (MR) 10:30 Seated Strength (AR) 1:30 Computer Class (AR) 5:00 Dinner Special (MR) 6:30 Games (HI) | 14 9:30 Bingo (AR) 1:00 IL Movie (CM) 1:30 AL Movie(AR) 6:00 Cards (AR)  |
| 15 11:00 Chapel Service (CH) 4:30 Resident Pot Luck (RT)  | 16 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:00 Wine Tasting Trip(LB) 10:30 Seated Exercise (AR) 1:30 VVC Practice (AR) 2:30 Parables Study (CH) 3:30 Cards (AR) 6:00 Scrabble (AR) | 17 9:00 Meijer (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Converse(AR) 10:45 Catholic Service (CH) 11:30 Strength Circuit (FC) 1:30 VVC Practice (AR) 2:30 Bingo (AR) 2:30 Scripture Study (CH) 6:00 Euchre/Pinochle (AR) | 18 Breast Cancer Awareness Wear Pink Day 9:00 Stretch & Relax (HWC) 9:30 Pink Bingo (AR) 10:30 Seated Stretch (AR) 1:30 Hand & Foot (AR) 1:30 Yahtzee (AR) 1:30 Tai Chi (HWC) 2:30 BibleTrivia/Games (AR) 3:30 Book Group (AR) 6:00 Bridge/Cards (AR)  | 19 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 12:00 Birthday Dinner (MR) 1:30 Bday Entertain (CH) 2:00 Knit & Crochet (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) | 20 Root for your favorite team MSU-vs-U of M 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (MR) 10:30 Seated Strength (AR) 1:30 VVC Competition (AR) 5:00 Dinner Special (MR) 6:30 Games (HI) | 21 9:30 Bingo (AR) 1:00 IL Movie (CM) 1:30 AL Movie(AR) |



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| 22 11:00 Chapel Service (CH) 6:00 Games (AR) | 23 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Cardio (AR) 1:30 Strength & Bal (HWC) 1:30 Words in Words (AR) 2:30 Memoir Writing (AR) 2:30 Parables Study (CH) 3:30 Cards (AR) 6:00 Quarter Bingo (AR)  | 24 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Converse(AR) 10:45 Catholic Service (CH) 11:30 Strength Circuit (FC) 11:30 Men's Lunch (LB) 1:30 Pickup pickleball HWC 1:30 Bingo (AR) 2:30 Games (AR) 2:30 Scripture Study (CH) 6:00 Euchre/Pinochle (AR) | 25 9:00 Stretch & Relax (HWC) 9:30 Donut Bingo (AR) 9:30 Footwear Store (LB) 10:30 Seated Stretch (AR) 1:30 Hand & Foot (RT) 1:30 Yahtzee(AR) 1:30 Tai Chi (HWC) 2:30 Bible Trivia/Games (CH) 3:30 Alzheimer's Support(CH) 6:00 Bridge/Cards (AR)  | 26 Drug Take Back Day 9:00-12:30 Chapel 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 11:00 Women's Lunch (LB) 11:30 Drumming (AR) 1:30 Cardio&Coord (HWC) 1:30 Paint a Pumpkin (AR) 2:00 Knit & Crochet (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) | 27 9:00 Strength Ex. (HWC) 9:30 Women's Coffee Manicures (AR) 10:00 Bridge Class (MR) 10:30 Seated Strength (AR) 2:15 Bobby (AR) 4:30 Gala (LB) 6:30 Games (HI) | 28 9:30 Bingo (AR) 1:00 IL Movie (CM) 1:30 AL Movie(AR) 6:30 Game Night (AR)  |
| 29 11:00 Chapel Service (CH) 6:00 Games (AR) | 30 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Cardio (AR) 1:30 Crossword (AR) 1:30 Strength & Bal (HWC) 2:30 Memoir Writing (AR) 2:30 Parables Study (CH) 3:30 Cards (AR) 6:00 Dominoes (AR)  | 31 9:00 Meijer (LB) 9:00 Balance Ex. (HWC) 10:45 Catholic Service (CH) 11:30 Strength Circuit (FC) 1:30 Halloween Party (AR) 2:30 Scripture Study (CH) 6:00 Euchre/Pinochle (AR)  | | | | |
| | | | | | KEY AR-Activity Room CH-Chapel CM-Capman FC-Fitness Center HI-Harbor Inn Midrise Community Room HWC-Health & Wellness Center LB-Lobby MR-Marguerite's Restaurant | |
| | | | | | | ALL ACTIVITIES ARE SUBJECT TO CHANGE |