

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 OCTOBER 2021					1 9:30 International Coffee Day! 10:30 Golden Era Exercise Class 11:15 Weekly Sports Recap 12:45 Bingo Tournament 2:30 Volleyball Match 3:30 Afternoon Matinee & Popcorn 5:30 Evening Series	2 9:30 Dark Comedy Cafe 10:30 Saturday Stroll 11:00 Bible Study Group 12:45 Bingo Tournament 2:30 Chair Zumba 3:30 Adult Coloring: Candies 5:30 Spooky Saturdays
3 9:30 Phantom of the Opera Cafe 10:30 Badminton 11:00 Current Events Discussion 12:45 Bingo w/ Hot Cocoa 2:00 Music Hour 2:30 Weight Training 3:30 Massages in Serenity Room 5:30 Film Noir Flick	4 9:30 Dr. Demento's Diner 10:30 Low Impact Aerobics 11:00 TED Talks & Discussion 12:45 Bingo Tournament 2:00 Book Club Meeting 2:30 Tai Chi Class 3:30 Fall Picture Frame Making 5:30 Director Spotlight: Alfred Hitchcock	5 9:30 Mocha Cafe 10:30 Volleyball Match 11:00 Current News Discussion 12:45 Rummikub 2:00 Resident Outing (1-3 PM) 3:30 Floral Arrangements 5:30 That's A Laugh Tuesday Movie	6 9:30 John Wayne Coffee Hour 10:30 High Impact Aerobics 11:00 TED Talks & Discussion 12:45 Board Game Bonanza 2:00 Scrapbooking 2:30 Chair Zumba 3:30 Trivia w/ Prizes 5:30 Wicked Wednesday Movie	7 9:30 Dark Comedy Cafe 10:30 Musical Yoga 11:00 Viking Art Discussion 12:45 Poker & Crazy Eights 2:00 Elegant Laced Mason Jars 3:00 Happy Hour: Icelandic Vodka Sodas & Cindy White on Piano! 5:30 The Munsters	8 9:30 Travel Club: Iceland's Northern Lights 10:30 Golden Era Exercise Class 11:15 Weekly Sports Recap 12:45 Bingo Tournament 2:30 Volleyball Match 3:30 Afternoon Matinee & Popcorn 5:30 Evening Series	9 9:30 Jazz Cafe 10:30 Morning Walk 11:00 Bible Study Group 12:45 Bingo Tournament 2:30 Cycling 3:30 Yarn Pumpkins 5:30 Spooky Saturdays
10 9:30 Cinnamon Latte Lounge 10:30 High Impact Chair Aerobics 11:00 Stock Market Review 12:45 Gin Rummy w/ Hot Cocoa 2:00 World Mental Health Day: Psychology of Aging Talk 2:30 Wellness Hour: Hand Care 3:30 Floral Arrangements 5:30 Film Noir Flick	11 9:30 Dark Comedy Cafe 10:30 Motown Monday Exercise 11:00 Current News Discussion 12:45 Poker & Billiards 2:00 Book Club Indigenous Poetry 2:30 Tai Chi Class 3:30 Watercolors: Fall Scenery 5:30 Alfred Hitchcock Film Columbus Day Indigenous Peoples' Day	12 9:30 Dr. Demento's Diner 10:30 World Arthritis Day: Arthritis Prevention Exercises 11:00 "Bizarre History of..." 12:45 Scrabble Tournament 2:00 Resident Outing (1-3 PM) 3:30 Fight Arthritis: Clay Sculpting 5:30 That's A Laugh Tuesday Movie	13 9:30 Travel Club: Iceland's Northern Lights Cafe 10:30 Chair Dancing 11:00 Current News Discussion 12:45 Bingo & Billiards 2:00 Memory Match Trivia w/ Jackie L! 3:30 Scented Soap Making 5:30 Wicked Wednesday Movie	14 9:30 Jazz Cafe 10:30 Volleyball Match 11:00 Spooky Mythology 12:45 Bingo Tournament w/ Fountain Drink Bar 2:00 Witchy Wine Bottle Toppers 3:00 Happy Hour & Entertainment 5:30 The Munsters	15 9:30 Opera Tea Lounge 10:30 Golden Era Exercise Class 11:15 Weekly Sports Recap 12:45 Bingo Tournament 2:30 Cycling 3:30 Afternoon Matinee & Popcorn 5:30 Evening Series	16 9:30 Hot Coca Bar 10:30 Saturday Stroll 11:00 Bible Study Group 12:45 Bingo Tournament 2:30 Badminton 3:30 "50 Years of Iceland - Never A Dull Moment" Documentary 5:30 Spooky Saturdays
17 9:30 Classical Music Cafe 10:30 High Impact Chair Aerobics 11:00 Current Events Discussion 12:45 Bingo w/ Hot Cocoa 2:00 Music Hour 2:30 Leana's New Workout 3:30 Massages in Serenity Room 5:30 Film Noir Flick	18 9:30 Jazz Cafe 10:30 Volleyball Match 11:00 TED Talks & Discussion 12:45 Bingo Tournament 2:00 Book Club Meeting 2:30 Tai Chi Class 3:30 Crafts: Elegant Witch Hats 5:30 Director Spotlight: Alfred Hitchcock	19 9:30 Travel Club: Iceland's Northern Lights Cafe 10:30 Weight Training 11:00 Current News Discussion 12:45 Bingo & Billiards 2:00 Resident Outing (1-3 PM) 3:30 Floral Arrangements 5:30 That's A Laugh Tuesday Movie	20 9:30 John Wayne Coffee Time! 10:30 Leana's New Workout 11:00 TED Talk & Discussion 12:45 Bingo Tournament 2:00 Fall Feather Flower Pens 3:00 Entertainment by Mark Cole! 5:30 Wicked Wednesday Movie	21 9:30 Dr. Demento's Diner 10:30 Low Impact Aerobics 11:00 Macabre Art Discussion 12:45 Bingo Tournament 2:00 Resident Council Meeting 3:00 Happy Hour: Icelandic Beers 5:30 The Munsters	22 9:30 Phantom of the Opera Cafe 10:30 Golden Era Exercise Class 11:15 Weekly Sports Recap 12:45 Bingo Tournament 2:30 Badminton 3:30 Afternoon Matinee & Popcorn 5:30 Evening Series	23 9:30 Classical Music Cafe 10:30 Morning Mosey 11:00 Bible Study Group 12:45 Bingo Tournament 2:30 Cycling 3:30 Watercolors: Dark Forests 5:30 Spooky Saturdays
24 9:30 Cinnamon Latte Lounge 10:30 Chair Zumba 11:00 Stock Market Review 12:45 Crazy Eights Tournament w/ Hot Cocoa 2:00 United Nations Day Trivia 2:30 Wellness Hour: Facials 3:30 Spirit Week: Disney Villains! 5:30 Film Noir Flick	25 9:30 Dr. Demento's Diner 10:30 Motown Monday Exercise 11:00 Current News Discussion 12:45 Poker & Billiards 2:00 Book Club Meeting 2:30 Tai Chi Class 3:30 Spirit Week: Fall Colors & Fall Necklace Making 5:30 Alfred Hitchcock Film Happy Birthday Margarita!	26 9:30 Dark Comedy Cafe 10:30 Strength Training 11:00 "Bizarre History of..." 12:45 Bingo Tournament 2:00 Resident Outing (1-3 PM) 3:00 Spirit Week Addams Family & Mini Pumpkin Painting 5:30 That's A Laugh Tuesday Movie	27 9:30 Phantom of the Opera Cafe 10:30 High Impact Chair Aerobics 11:00 Current News Discussion 12:45 Poker Tournament 2:00 Afternoon Stroll 2:30 Flower Arrangements 3:30 Spirit Week: Witchy Stevie Nicks & Silhouette Drawing 5:30 Wicked Wednesday Movie	28 9:30 Travel Club: Iceland's Northern Lights Cafe 10:30 Badminton 11:00 First Responders Day Talk 12:45 Bingo Tournament 2:00 Wicked Headdresses & Ties 3:00 Spirit Week: Vintage Halloween w/ Marlene Dietrich Tribute & Costume Contest! 5:30 The Munsters	29 9:30 Jazz Cafe 10:30 Golden Era Exercise Class 11:15 Weekly Sports Recap 12:45 Bingo Tournament 2:00 Volleyball Match 3:30 Spirit Week: Kitty Cat Face Painting Hour with Photoshoot 5:30 Evening Series Happy Birthday Chuck!	30 9:30 Mocha Cafe 10:30 Saturday Stroll 11:00 Bible Study Group 12:45 Bingo Tournament 2:30 Cycling 3:30 Spirit Week: Undead Celebs 5:30 Spooky Saturdays Happy Birthday Zina!
31 9:30 Screamin' Jay's Cafe 10:30 Runnin' thru the Graveyard 11:00 Current Events Discussion 12:45 Bingo w/ Hot Cocoa 2:00 Edgar Allen Poe Poetry 2:30 Halloween Trivia w/ Prizes 3:30 Trick or Treat Candy Bags 5:30 Film Noir Flick Halloween						