

OCTOBER 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To handle yourself, use your head; to handle others, use your heart. -- Eleanor Roosevelt	Remember to hydrate!!! Water is our friend!	Whether you think you can or you think you can't, you're right. -- Henry Ford		1 8:30 Coffee and Reminicing 9:45 Feed the Birds 11:00 Morning exercise 1:00 Circle of friends 2:00 Book club 3:00 Music circle 6:00 Evening walk 7:00 One on one Activities	2 8:30 Coffee and Reminicing 9:45 Feed the Birds 11:00 Morning exercise 1:00 Circle of friends 2:00 Brain power smoothies 3:00 Ladies group 6:00 Evening walk 7:00 One on one Activities	3 8:30 Coffee and Reminicing 9:45 Feed the Birds 11:00 Morning exercise 1:00 Circle of friends 1:30 Art class 2:00 book club 4:00 Resident council meeting 4:00 loacl history 6:00 Evening walk 7:00 One on one Activities
4 8:30 Coffee and Reminicing 9:45 Feed the Birds 11:00 Morning exercise 1:00 Circle of friends 1:00 Church with Janice 3:30 Zentangles 6:00 Evening walk 6:00 Book club 7:00 One on one Activities	5 8:30 Coffee and Reminicing 9:45 Feed the Birds 11:00 Morning exercise 1:00 Circle of friends 2:30 Manicures and Hand massages 6:00 Evening walk 7:00 One on one Activities	6 8:30 Coffee and Reminicing 9:45 Feed the Birds 11:00 Morning exercise 1:00 Circle of friends 2:00 Baking club 3:30 Tactile guessing 6:00 Evening walk 7:00 One on one Activities	7 8:30 Coffee and Reminicing 9:45 Feed the Birds 11:00 Morning exercise 1:00 Circle of friends 2:00 Favorite things 3:00 Arts and crafts 4:00 Brain power smoothies 6:00 Evening walk 7:00 One on one Activities	8 8:30 Coffee and Reminicing 9:45 Feed the Birds 11:00 Morning exercise 1:00 Circle of friends 2:00 Book club 3:00 Music circle 6:00 Evening walk 7:00 One on one Activities	9 8:30 Coffee and Reminicing 9:45 Feed the Birds 11:00 Morning exercise 1:00 Circle of friends 2:00 Brain power smoothies 3:00 Men's club 6:00 Evening walk 7:00 One on one Activities	10 8:30 Coffee and Reminicing 9:45 Feed the Birds 11:00 Morning exercise 1:00 Circle of friends 1:30 Art class 2:00 book club 4:00 loacl history 6:00 Evening walk 7:00 One on one Activities
11 8:30 Coffee and Reminicing 9:45 Feed the Birds 11:00 Morning exercise 1:00 Circle of friends 1:00 Church with Janice 3:30 Zentangles 6:00 Evening walk 6:00 Book club 7:00 One on one Activities	12 Columbus Day 8:30 Coffee and Reminicing 9:45 Feed the Birds 11:00 Morning exercise 1:00 Circle of friends 2:30 Manicures and Hand massages 6:00 Evening walk 7:00 One on one Activities	13 8:30 Coffee and Reminicing 9:45 Feed the Birds 11:00 Morning exercise 1:00 Circle of friends 2:00 one on one visits 3:00 google earth 6:00 Evening walk 7:00 movie time	14 8:30 Coffee and Reminicing 9:45 Feed the Birds 11:00 Morning exercise 1:00 Circle of friends 2:00 Favorite things 3:00 Arts and crafts 4:00 Brain power smoothies 6:00 Evening walk 7:00 movie time	15 8:30 Coffee and Reminicing 9:45 Feed the Birds 11:00 Morning exercise 1:00 Circle of friends 2:00 Book club 3:00 Music circle 6:00 Evening walk 7:00 movie time	16 8:30 Coffee and Reminicing 9:45 Feed the Birds 11:00 Morning exercise 1:00 Circle of friends 2:00 Brain power smoothies 3:00 Ladies group 6:00 Evening walk 7:00 movie time	17 8:30 Coffee and Reminicing 9:45 Feed the Birds 11:00 Morning exercise 1:00 Circle of friends 1:30 Art class 2:00 book club 4:00 loacl history 6:00 Evening walk 7:00 movie time

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