

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2021

Buffalo Valley Independent Living

					1 11:00 Move Your Mind 1:00 Exercise 5:00 Fun Friday	2 9:00 Koffee Klatch-B.O.
3 1:00 Exercise 2:00 <i>Blessing of the Animals- Door to Door**</i>	4	5 1:00 Tai Chi 2:00 Ladies Bocce Ball	6 1:00 Exercise 2:00 Bocce Ball	7 2:00 Art Class- B.O. 2:00 BINGO 6:30 Chris T Harp & Kimbo**	8 1:00 Exercise 5:00 Fun Friday	9 9:00 Koffee Klatch-B.O.
10 1:00 Exercise <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)</small>	11	12 10:00 Needles & Hooks Plus anything else 1:00 Tai Chi 2:00 Ladies Bocce Ball	13 1:00 Exercise 2:00 Cards & Board Games 2:00 Bocce Ball	14 Fall Fling! 2:00 Ice Cream Social Welcoming New Residents ** TVC Reserved 7-9 pm	15 1:00 Exercise 5:00 Fun Friday	16 9:00 Koffee Klatch-B.O.
17 1:00 Exercise 3:00 Chaplain's Movie	18	19 1:00 Tai Chi 2:00 Ladies Bocce Ball	20 1:00 Exercise 2:00 Bocce Ball	21 9-5 Flu Shot Clinic-B.O. 9:00 Blood Pressures 10:00 IL Meeting 2:00 Art Class- B.O. 6:30 "Back Peddle" ** Pavilion	22 1:00 Exercise 5:00 Fun Friday	23 9:00 Koffee Klatch-B.O. TVC Reserved 12-3
24 1:00 Exercise	25 10:00-12:00 Chair Massage with Yoshie** 1:00 Tai Chi 2:00 Ladies Bocce Ball	26 1:00 Exercise 2:00 Cards & Board Games 2:00 Bocce Ball	27 2:00 Art Class-B.O. 6:30 "Kick up your Heels" Music and Dancing **	28 1:00 Exercise 5:00 Fun Friday	29 9:00 Koffee Klatch-B.O.	30

31 **Activities held at The Commons unless noted otherwise**
Notice time Change for Bocce Ball! 2:00

Halloween

Activities subject to change