

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday                              |
|---|---|---|--|---|---|---------------------------------------|
| 1<br>3:00pm – Sunday Worship Service<br>6:30pm - Hymn Sing  | 2<br>8:45am - Water Aerobics<br>9:45am - Water Volleyball<br>10:00am - Exercise w/ Tammy<br>11:00am - Bible Study<br>1:30pm - Beginner Painting<br>2:00pm - Billiards Group<br>3:00pm - Advanced Painting<br>6:30pm - Duplicate Bridge                          | 3<br>8:15am - Yoga/Stretch<br>9:15am - Yoga/Stretch<br>10:00am - WELLderly<br>10:00am - Bereavement<br>11:00am - Tai Chi<br>11:00am - Rosary Prayer<br>1:00pm - Ask Me Another<br>1:00pm - Mah Jong   | 4<br>8:45am - Water Aerobics<br>2:00pm - Exercise w/ Tammy<br>2:30pm - Catholic Mass                                     | 5<br>8:15am - Yoga/Stretch<br>9:15am - Yoga/Stretch<br>1:00pm - Shopping<br>2:00pm - Genealogy Workshop<br>2:00pm - Coloring Book Group<br>3:30pm - Chime Choir<br>4:00pm - Happy Hour<br>7:00pm - Bingo                            | 6<br>8:45am - Water Aerobics<br>10:00am - Exercise w/ Tammy<br>2:00pm - Billiard Group<br>2:00pm - Line Dancing<br>2:00pm - Knitting Club<br>3:00pm - News w/ Nikki<br>7:00pm - George Torella Jazz Duo                         | 7<br>7:00pm - Meet Your Library       |
| 8<br>3:00pm – Sunday Worship Service<br>6:30pm - Hymn Sing  | 9<br>8:45am - Water Aerobics<br>9:45am - Water Volleyball<br>10:00am - Exercise w/ Tammy<br>11:00am - Bible Study<br>1:30pm - Beginner Painting<br>2:00pm - Billiards Group<br>3:00pm - Advanced Painting<br>6:30pm - Duplicate Bridge<br><br>Columbus Day (US) | 10<br>8:15am - Yoga/Stretch<br>9:15am - Yoga/Stretch<br>10:00am - WELLderly<br>10:00am - Caring for the Caregiver<br>11:00am - Bach at Noon<br>11:00am - Tai Chi<br>11:00am - Rosary Prayer<br>1:00pm - Ask Me Another<br>1:00pm - Mah Jong<br>3:00pm - Book Club | 11<br>8:45am - Water Aerobics<br>2:00pm - Exercise w/ Tammy<br>2:00pm - Kelly's Craft Group                              | 12<br>8:15am - Yoga/Stretch<br>9:15am - Yoga/Stretch<br>12:00pm - LVAIP Senior Dance<br>1:00pm - Shopping<br>2:00pm - Coloring Book Group<br>3:30pm - Chime Choir<br>3:30pm - Mum Giveaway<br>4:00pm - Happy Hour<br>7:00pm - Bingo | 13<br>8:45am - Water Aerobics<br>11:00am - Brown Bag<br>1:00pm - Tabitha's Friends<br>2:00pm - Billiard Group<br>2:00pm - Line Dancing<br>3:00pm - Resident Council<br>7:00pm - Jay Daniels                                     | 14<br>6:30pm - Miller Symphony Hall   |
| 15<br>3:00pm – Sunday Worship Service<br>6:30pm - Hymn Sing | 16<br>8:45am - Water Aerobics<br>9:45am - Water Volleyball<br>10:00am - Exercise w/ Tammy<br>11:00am - Bible Study<br>1:30pm - Beginner Painting<br>2:00pm - Billiards Group<br>3:00pm - Advanced Painting<br>6:30pm - Duplicate Bridge                         | 17<br>8:15am & 9:15am - Yoga/Stretch<br>10:00am - WELLderly<br>10:00am - Bereavement<br>10:30am - Blood Pressure Screening<br>11:00am - Tai Chi<br>11:00am - Rosary Prayer<br>1:00pm - Safety Comm.<br>1:00pm - Ask Me Another<br>1:00pm - Mah Jong               | 18<br>8:45am - Water Aerobics<br>11:00am - Lunch Bunch<br>1:00pm - Library Book Tasting<br>2:00pm - Exercise w/ Tammy    | 19<br>8:15am - Yoga/Stretch<br>9:15am - Yoga/Stretch<br>1:00pm - Shopping<br>2:00pm - Coloring Book Group<br>3:30pm - Chime Choir<br>4:00pm - Happy Hour<br>7:00pm - Bingo  | 20<br>8:45am - Water Aerobics<br>9:00am - Onsite Dermatology<br>10:00am - Exercise w/ Tammy<br>10:00am - Trick Or Treat<br>2:00pm - Billiard Group<br>2:00pm - Line Dancing<br>2:00pm - Knitting Club<br>3:00pm - News w/ Nikki | 21<br>11:00am - Fall Foliage Festival |
| 22<br>3:00pm – Sunday Worship Service<br>6:30pm - Hymn Sing | 23<br>8:45am - Water Aerobics<br>9:45am - Water Volleyball<br>10:00am - Exercise w/ Tammy<br>11:00am - Bible Study<br>1:30pm - Beginner Painting<br>2:00pm - Billiards Group<br>3:00pm - Advanced Painting<br>6:30pm - Duplicate Bridge                         | 24<br>8:15am - Yoga/Stretch<br>9:15am - Yoga/Stretch<br>10:00am - WELLderly<br>10:00am - Caring for the Caregiver<br>11:00am - Tai Chi<br>11:00am - Rosary Prayer<br>1:00pm - Ask Me Another<br>1:00pm - Mah Jong   | 25<br>8:45am - Water Aerobics<br>10:30am - Activity Comm. Meeting<br>11:00am - Lunch Bunch<br>2:00pm - Exercise w/ Tammy | 26<br>8:15am - Yoga/Stretch<br>9:15am - Yoga/Stretch<br>1:00pm - Shopping<br>2:00pm - Coloring Book Group<br>3:30pm - Chime Choir<br>4:00pm - Happy Hour<br>7:00pm - Bingo  | 27<br>8:45am - Water Aerobics<br>10:00am - Exercise w/ Tammy<br>1:00pm - Tabitha's Friends<br>2:00pm - Billiard Group<br>2:00pm - Line Dancing<br>7:00pm - Movie Night  | 28<br>7:00pm - Halloween Party        |
| 29<br>3:00pm – Sunday Worship Service<br>6:30pm - Hymn Sing | 30<br>8:45am - Water Aerobics<br>9:45am - Water Volleyball<br>10:00am - Exercise w/ Tammy<br>11:00am - Bible Study<br>1:30pm - Beginner Painting<br>2:00pm - Billiards Group<br>3:00pm - Advanced Painting<br>6:30pm - Duplicate Bridge                         | 31<br>8:15am - Yoga/Stretch<br>9:15am - Yoga/Stretch<br>10:00am - WELLderly<br>11:00am - Tai Chi<br>11:00am - Rosary Prayer<br>1:00pm - Ask Me Another<br>1:00pm - Mah Jong<br><br>Halloween  | <h1>October 2023</h1>  |   |   |                                       |

\*ALL ACTIVITIES & TRIPS ARE SUBJECT TO CHANGE