

# October 2023- Independent Evergreen Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Gratitude Journaling (CK) <b>1</b></p> <p>9:30 Go for Life Walk (TS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Art Canvas (CK)</p> <p>1:00 Cribbage (GR)</p> <p>1:00 Checkers (GR)</p> <p>2:00 Craft- Fall Collage (CK)</p> <p>4:00 Go for Life Walk (TS)</p> <p>6:30 Shuffle Board (GR)</p> <p>7:00 Scrabble (CK)</p> <p>7:00 Movie Night- Norman (WB)</p>	<p>9:15 Lifemark- Exercises (MVS) <b>2</b></p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Strength &amp; Balance Exercises (CK)</p> <p>10:15 Life Marks- Falls Prevention Class (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:15 Coffee Social (TS)</p> <p>1:00 Canasta (GR)</p> <p>1:30 Heart-warming Short stories (CK)</p> <p>1:45 Quiddler &amp; Racko Game (LGE)</p> <p>3:00 Knitting &amp; Crochet (CK)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Tech Time with Brandon (TS)</p> <p>7:00 Black Jack (GR)</p> <p>7:00 Euchre (GR)</p>	<p>9:30 Go for Life Walk (TS) <b>3</b></p> <p>10:00 Evergreen Posture Exercises &amp; Meditation (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Barbara's Line Dancing (MVS)</p> <p>10:30 TED Talks- Brain-changing Benefits of Exercising (WB)</p> <p>11:15 Coffee Social (TS)</p> <p>1:15 Lifemark- Osteoporosis Program (MVS)</p> <p>2:00 Rummikub Game (GR)</p> <p>2:00 Artfull Enrichment (CK)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Seated Bowling (LL)</p> <p>2:15 Lifemark- Osteoporosis Program (MVS)</p> <p>3:00 National Kale Day- Green Smoothies (TS)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk (TS)</p>	<p>9:30 Go for Life Walk (TS) <b>4</b></p> <p>9:30 Peach Blueberry Jam-Making (CK)</p> <p>10:00 Evergreen Tai Chi Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Fitness Scavenger Hunt (TS)</p> <p>11:15 Coffee Social (TS)</p> <p>1:15 Lifemark- Falls Prevention (MVS)</p> <p>2:00 Bingo with Brandon (GR)</p> <p>2:00 National Cinnamon Roll Day Social (TS)</p> <p>2:00 Non-Denomination Service (COM)</p> <p>2:15 Lifemark- Falls Prevention Classes (MVS)</p> <p>3:00 Catholic Mass (T)</p> <p>3:00 Name that Tune- 40's (FSL)</p> <p>4:00 Go for Life Walk (TS)</p>	<p>9:30 Go for Life Walk (TS) <b>5</b></p> <p>9:30 Peach Blueberry Jam-Making (CK)</p> <p>10:00 Evergreen Leg Exercises &amp; Meditation (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Java Music Club (CK)</p> <p>10:30 Ted Talk- You Can Grow Brain Cells (WB)</p> <p>11:15 Coffee Social (TS)</p> <p>2:00 Rummikub Game (GR)</p> <p>2:00 Karaoke with Derrick (WB)</p> <p>3:00 Rosary with Mariah (CK)</p> <p>3:00 LLL- Apples- Benefits and Trivia (TS)</p> <p>3:30 Drum Fit (MVS)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Fit Minds (CK)</p> <p>7:00 Chase The Ace Card Game (GR)</p>	<p>9:00 Outings for Medical Appointments (TS) <b>6</b></p> <p>9:30 Go for Life Walk (TS)</p> <p>9:30 Peach Blueberry Jam-Making (CK)</p> <p>10:00 Evergreen Yoga Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Barbara's Exercise Class (MVS)</p> <p>10:30 Parfait Social (LGE)</p> <p>11:00 Meet Me at MOMA (CK)</p> <p>11:15 Coffee Social (TS)</p> <p>1:15 Life Marks- Osteoporosis Program (MVS)</p> <p>2:00 Entertainment- Filipa Sousa with Orange Cake (TS)</p> <p>2:15 Lifemark- Osteoporosis Program (MVS)</p> <p>3:00 What's in a Word? (CK)</p> <p>4:00 Go for Life Walk (TS)</p> <p>7:00 Board Game- Telestrations (GR)</p>	<p>9:30 Go for Life Walk (TS) <b>7</b></p> <p>10:00 Evergreen Body Strength Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Ted Talks- Boost your Mind, Body and Mood (WB)</p> <p>11:00 Vendor- Nelly's Comfort Shoes (TS)</p> <p>11:00 Billards -Pool Table (GR)</p> <p>1:00 Brain Teasers- What's in a Word (Worksheet) (CK)</p> <p>2:00 Travelogue- Costa Rica (CK)</p> <p>3:00 Rosary (T)</p> <p>4:00 Go for Life Walk (TS)</p> <p>6:00 Fit Minds (CK)</p> <p>7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR)</p> <p>7:00 Movie Night- Casablanca (WB)</p>
<p>9:00 Gratitude Journaling (CK) <b>8</b></p> <p>9:30 Go for Life Walk (TS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Art Canvas (CK)</p> <p>1:00 Bridge (CK)</p> <p>1:00 Checkers (GR)</p> <p>2:00 Craft- Thanksgiving Wreaths (CK)</p> <p>3:00 Piano with Lukas (TS)</p> <p>4:00 Go for Life Walk (TS)</p> <p>6:30 Shuffle Board (GR)</p> <p>7:00 Scrabble (CK)</p> <p>7:00 Movie Night- The Iron Lady (WB)</p>	<p>9:00 Outings for Medical Appointments (TS) <b>9</b></p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Strength &amp; Balance Exercises (CK)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:15 Coffee Social (TS)</p> <p>1:00 Canasta (GR)</p> <p>1:30 Heart-warming Short stories (CK)</p> <p>1:45 Quiddler &amp; Racko Game (LGE)</p> <p>3:00 Knitting &amp; Crochet (CK)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Tech Time with Brandon (TS)</p> <p>7:00 Black Jack (GR)</p> <p>7:00 Euchre (GR)</p>	<p>9:30 Go for Life Walk (TS) <b>10</b></p> <p>10:00 Evergreen Posture Exercises &amp; Meditation (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Barbara's Line Dancing (MVS)</p> <p>10:30 TED Talk- Change Your Brain, Change Your Life (WB)</p> <p>11:15 Coffee Social (TS)</p> <p>11:30 Outing- Peter's on Eglinton (TS)</p> <p>1:15 Lifemark- Osteoporosis Program (MVS)</p> <p>2:00 Rummikub Game (GR)</p> <p>2:00 Artfull Enrichment (CK)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Seated Bowling (LL)</p> <p>2:15 Lifemark- Osteoporosis Program (MVS)</p> <p>2:30 New 820 Resident Orientation (T)</p> <p>3:00 'National Angel Food Cake' Social (TS)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk (TS)</p>	<p>9:00 Outings for Medical Appointments (TS) <b>11</b></p> <p>9:30 Go for Life Walk (TS)</p> <p>9:30 Summer-Themed Painting (CK)</p> <p>10:00 Evergreen Tai Chi Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Themed Scavenger Hunt (TS)</p> <p>11:15 Coffee Social (TS)</p> <p>1:15 Lifemark- Falls Prevention (MVS)</p> <p>2:00 Bingo with Brandon (GR)</p> <p>2:00 Non-Denomination Service (COM)</p> <p>2:15 Lifemark- Falls Prevention Classes (MVS)</p> <p>3:00 Name that Tune- Elvis Songs (FSL)</p> <p>4:00 Go for Life Walk (TS)</p> <p>7:00 Euchre (GR)</p>	<p>9:30 Go for Life Walk (TS) <b>12</b></p> <p>9:30 Ted Talk- Stomach Controls the Brain (WB)</p> <p>10:00 Evergreen Leg Exercises &amp; Meditation (MVS)</p> <p>10:00 Outings for Shopping (TS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Java Music Club (CK)</p> <p>11:15 Coffee Social (TS)</p> <p>2:00 Rummikub Game (GR)</p> <p>2:00 Karaoke with Derrick (WB)</p> <p>3:00 Rosary with Mariah (CK)</p> <p>3:00 LLL- Apple Turnover Social (TS)</p> <p>3:30 Drum Fit (MVS)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Fit Minds (CK)</p> <p>7:00 Chase The Ace Card Game (GR)</p>	<p>9:00 Outings for Medical Appointments (TS) <b>13</b></p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Yoga Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Barbara's Exercise Class (MVS)</p> <p>10:30 Baking Bread with Brandon (CK)</p> <p>11:00 Meet Me at MOMA (CK)</p> <p>11:15 Coffee Social (TS)</p> <p>1:15 Life Marks- Osteoporosis Program (MVS)</p> <p>2:00 Entertainment- Tim Godfrey with Pecan Pie (TS)</p> <p>2:15 Lifemark- Osteoporosis Program (MVS)</p> <p>3:00 What's in a Word? (CK)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Fit Minds (CK)</p>	<p>9:30 Go for Life Walk (TS) <b>14</b></p> <p>10:30 One on One Exercises (LGE)</p> <p>11:00 Billards -Pool Table (GR)</p> <p>1:00 Brain Teasers- Odd one Out (CK)</p> <p>3:00 Communion Service with Deacon and Rosary (T)</p> <p>4:00 Go for Life Walk (TS)</p> <p>6:00 Fit Minds (CK)</p> <p>7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR)</p> <p>7:00 Movie Night- Wonder Woman 1984 (WB)</p>
<p>9:00 Gratitude Journaling (CK) <b>15</b></p> <p>9:30 Go for Life Walk (TS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Art Canvas (CK)</p> <p>1:00 Cribbage (GR)</p> <p>1:00 Checkers (GR)</p> <p>2:00 Craft- Pumpkin Mosaic (CK)</p> <p>3:00 Piano with Lukas (TS)</p> <p>4:00 Go for Life Walk (TS)</p> <p>6:30 Shuffle Board (GR)</p> <p>7:00 Scrabble (CK)</p> <p>7:00 Movie Night- Wimbledon (WB)</p>	<p>9:00 Outings for Medical Appointments (TS) <b>16</b></p> <p>9:15 Lifemark- Exercises (MVS)</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Strength &amp; Balance Exercises (CK)</p> <p>10:15 Life Marks- Falls Prevention Class (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:15 Coffee Social (TS)</p> <p>1:00 Canasta (GR)</p> <p>1:30 Heart-warming Short stories (CK)</p> <p>1:45 Quiddler &amp; Racko Game (LGE)</p> <p>2:00 Dictionary Day- Word Definitions Trivia (TS)</p> <p>3:00 Knitting &amp; Crochet (CK)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Tech Time with Brandon (TS)</p> <p>7:00 Black Jack (GR)</p> <p>7:00 Euchre (GR)</p>	<p>9:30 Go for Life Walk (TS) <b>17</b></p> <p>10:00 Evergreen Posture Exercises &amp; Meditation (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Barbara's Line Dancing (MVS)</p> <p>10:30 TED Talk- Unspoken Truths on Breast Cancer (WB)</p> <p>11:15 Coffee Social (TS)</p> <p>11:30 Outing- Paradiso Restaurant (TS)</p> <p>1:15 Lifemark- Osteoporosis Program (MVS)</p> <p>2:00 Rummikub Game (GR)</p> <p>2:00 Artfull Enrichment (CK)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Seated Bowling (LL)</p> <p>2:15 Lifemark- Osteoporosis Program (MVS)</p> <p>3:00 Hot Chocolate Social (TS)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk (TS)</p>	<p>9:00 Outings for Medical Appointments (TS) <b>18</b></p> <p>9:30 Go for Life Walk (TS)</p> <p>9:30 Summer-Themed Painting (CK)</p> <p>10:00 Evergreen Tai Chi Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Themed Scavenger Hunt (TS)</p> <p>11:15 Coffee Social (TS)</p> <p>1:15 Lifemark- Falls Prevention (MVS)</p> <p>2:00 Bingo with Brandon (GR)</p> <p>2:00 Hot Chocolate &amp; Paint Social (CK)</p> <p>2:00 Non-Denomination Service (COM)</p> <p>2:15 Lifemark- Falls Prevention Classes (MVS)</p> <p>3:00 Name that Tune- Dean Martin Songs (FSL)</p> <p>4:00 Go for Life Walk (TS)</p> <p>7:00 Euchre (GR)</p>	<p>9:30 Go for Life Walk (TS) <b>19</b></p> <p>9:30 Ted Talk- Older People are Happier (WB)</p> <p>10:00 Evergreen Leg Exercises &amp; Meditation (MVS)</p> <p>10:00 Outings for Shopping (TS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Java Music Club (CK)</p> <p>11:15 Coffee Social (TS)</p> <p>2:00 Rummikub Game (GR)</p> <p>2:00 Karaoke with Derrick (WB)</p> <p>3:00 Rosary with Mariah (CK)</p> <p>3:00 LLL- Baked Apple Social (TS)</p> <p>3:30 Drum Fit (MVS)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Fit Minds (CK)</p> <p>7:00 Chase The Ace Card Game (GR)</p> <p>7:00 Entertainment- JT Choir Band (TS)</p>	<p>9:00 Outings for Medical Appointments (TS) <b>20</b></p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Yoga Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Barbara's Exercise Class (MVS)</p> <p>10:30 Making Smoothies with Brandon (CK)</p> <p>11:00 Meet Me at MOMA (CK)</p> <p>11:15 Coffee Social (TS)</p> <p>1:15 Life Marks- Osteoporosis Program (MVS)</p> <p>2:00 Entertainment- Shannon Graham with Nachos &amp; Dip (TS)</p> <p>2:15 Lifemark- Osteoporosis Program (MVS)</p> <p>3:00 What's in a Word? (CK)</p> <p>4:00 Go for Life Walk (TS)</p> <p>7:00 Board Game- Telestrations (GR)</p>	<p>9:30 Go for Life Walk (TS) <b>21</b></p> <p>10:00 Evergreen Body Strength Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:00 Billards -Pool Table (GR)</p> <p>1:00 Brain Teasers- Problem-Solving (CK)</p> <p>2:00 National Apple Pie Day- Pie Social (TS)</p> <p>3:00 Communion Service with Deacon and Rosary (T)</p> <p>3:00 Travelogue- Panama (CK)</p> <p>4:00 Go for Life Walk (TS)</p> <p>6:00 Fit Minds (CK)</p> <p>7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR)</p> <p>7:00 Movie Night- No Reservations (WB)</p>

# October 2023- Independent Evergreen Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>22</b></p> <p>9:00 Gratitude Journaling (CK) 9:30 Go for Life Walk (TS) 10:30 One on One Exercises (LGE) 10:30 Art Canvas (CK) 1:00 Bridge (CK) 1:00 Checkers (GR) 2:00 Craft- Halloween-themed Painting (CK) 3:00 Piano with Lukas (TS) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Scrabble (CK) 7:00 Movie Night- Music and Lyrics (WB)</p>	<p><b>23</b></p> <p>9:00 Outings for Medical Appointments (TS) 9:15 Lifemark- Exercises (MVS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Strength &amp; Balance Exercises (CK) 10:15 Life Marks- Falls Prevention Class (MVS) 10:30 One on One Exercises (LGE) 11:15 Coffee Social (TS) 1:00 Canasta (GR) 1:30 Heart-warming Short stories (CK) 1:45 Quiddler &amp; Racko Game (LGE) 2:00 Boston Cream Pie Day Doughnut Social (TS) 3:00 Knitting &amp; Crochet (CK) 4:00 Go for Life Walk (TS) 4:30 Tech Time with Brandon (TS) 7:00 Black Jack (GR)</p>	<p><b>24</b></p> <p>9:30 Go for Life Walk (TS) 10:00 Evergreen Posture Exercises &amp; Meditation (MVS) 10:00 Outing- Spring Ridge Farms &amp; Swiss Chalet (TS) 10:30 One on One Exercises (LGE) 10:30 Barbara's Line Dancing (MVS) 10:30 TED Talks- See Aging as an Adventure (WB) 11:15 Coffee Social (TS) 1:15 Lifemark- Osteoporosis Program (MVS) 2:00 Rummikub Game (GR) 2:00 Artfull Enrichment (CK) 2:00 Euchre (GR) 2:00 Seated Bowling (LL) 2:15 Lifemark- Osteoporosis Program (MVS) 3:00 Hot Chocolate Social (TS) 3:30 Shuffle Board (GR) 4:00 Go for Life Walk (TS)</p>	<p><b>25</b></p> <p>9:00 Outings for Medical Appointments (TS) 9:30 Go for Life Walk (TS) 9:30 Summer-Themed Painting (CK) 10:00 Evergreen Tai Chi Exercises (MVS) 10:30 One on One Exercises (LGE) 10:30 Themed Scavenger Hunt (TS) 11:15 Coffee Social (TS) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Bingo with Brandon (GR) 2:00 Non-Denomination Service (COM) 2:15 Lifemark- Falls Prevention Classes (MVS) 3:00 Name that Tune- Female Artists (FSL) 4:00 Go for Life Walk (TS)</p>	<p><b>26</b></p> <p>9:30 Go for Life Walk (TS) 9:30 Ted Talk- Formula for Successful Aging (WB) 10:00 Evergreen Leg Exercises &amp; Meditation (MVS) 10:00 Outings for Shopping (TS) 10:30 One on One Exercises (LGE) 10:30 Java Music Club (CK) 11:00 Vendor- Sylvia's Jewellery (TS) 11:15 Coffee Social (TS) 2:00 Rummikub Game (GR) 2:00 Karaoke with Derrick (WB) 2:00 Afternoon Tea with Pumpkin Pie (WB) 3:00 Rosary with Mariah (CK) 3:00 LLL- Apple Cider Tasting (TS) 3:30 Drum Fit (MVS) 3:30 820 Residents Meeting (T) 4:00 Go for Life Walk (TS) 4:30 Fit Minds (CK) 7:00 Chase The Ace Card Game (GR)</p>	<p><b>27</b></p> <p>9:00 Sense of Hearing- Hearing Clinic (CK) 9:00 Outings for Medical Appointments (TS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Yoga Exercises (MVS) 10:30 One on One Exercises (LGE) 10:30 Barbara's Exercise Class (MVS) 10:30 Making Grilled Cheese Sandwiches (CK) 11:00 Meet Me at MOMA (CK) 11:15 Coffee Social (TS) 1:15 Life Marks- Osteoporosis Program (MVS) 2:00 Halloween Entertainment- Frank Baggetta with Brownies (TS) 2:15 Lifemark- Osteoporosis Program (MVS) 3:00 What's in a Word? (CK) 3:30 American Beer Tasting (GR) 4:00 Go for Life Walk (TS)</p>	<p><b>28</b></p> <p>9:30 Go for Life Walk (TS) 10:30 One on One Exercises (LGE) 11:00 Billiards -Pool Table (GR) 1:00 Brain Teasers- Superstitions and their Origins (CK) 3:00 Communion Service with Deacon and Rosary (T) 4:00 Go for Life Walk (TS) 6:00 Fit Minds (CK) 7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR) 7:00 Movie Night- Cinderella Man (WB)</p>
<p><b>29</b></p> <p>9:00 Gratitude Journaling (CK) 9:30 Go for Life Walk (TS) 10:30 One on One Exercises (LGE) 10:30 Art Canvas (CK) 11:00 Vendor- Anish's Fashion Traditions (TS) 1:00 Cribbage (GR) 1:00 Checkers (GR) 2:00 Craft- Vampire Bat Hangers (CK) 3:00 Piano with Lukas (TS) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Scrabble (CK) 7:00 Movie Night- Classic- To Catch a Thief (WB)</p>	<p><b>30</b></p> <p>9:00 Outings for Medical Appointments (TS) 9:15 Lifemark- Exercises (MVS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Strength &amp; Balance Exercises (CK) 10:15 Life Marks- Falls Prevention Class (MVS) 10:30 One on One Exercises (LGE) 11:15 Coffee Social (TS) 1:00 Canasta (GR) 1:30 Heart-warming Short stories (CK) 1:45 Quiddler &amp; Racko Game (LGE) 3:00 Knitting &amp; Crochet (CK) 4:00 Go for Life Walk (TS) 4:30 Tech Time with Brandon (TS) 7:00 Black Jack (GR) 7:00 Euchre (GR)</p>	<p><b>31</b></p> <p>9:30 Go for Life Walk (TS) 10:00 Evergreen Posture Exercises &amp; Meditation (MVS) 10:00 Outing- Andrew's Farm Market (TS) 10:30 One on One Exercises (LGE) 10:30 Barbara's Line Dancing (MVS) 10:30 TED Talk- Connecting with Elders (WB) 11:15 Coffee Social (TS) 1:00 Halloween Pumpkin Carving (CK) 1:15 Lifemark- Osteo Program (MVS) 2:00 Rummikub Game (GR) 2:00 Artfull Enrichment (CK) 2:00 Euchre (GR) 2:00 Seated Bowling (LL) 2:15 Lifemark- Osteoporosis Program (MVS) 3:00 Halloween Costume &amp; Candy Social (TS) 3:30 Shuffle Board (GR) 4:00 Go for Life Walk (TS)</p>				

Be Grateful

Locations Legend

- Town Square (TS)
- Craft Kitchen (CK)
- Games Room (GR)
- Movement Studio (MVS)
- Lounge (LGE)
- Window Bar (WB)
- Theatre (T)
- Lower Lanes (LL)
- Computer Lounge (COM)
- Fireside Lounge (FSL)

Calendar Legend

- Outing
- Special Program
- Living, Loving, Local
- Signature Program