



October 2026

Benedictine Madonna Towers Assisted & Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 Assisted Living Manicures – 2 nd Floor Act. Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread Group – Lobby 2:00 Trivia– 2 nd Floor Act. Room 3:00 Oktoberfest Happy Hour – Rochester Room	2 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium 1:30 Movie Matinee: Dracula – Auditorium	3 9:30 HASfit TV Exercise – Channel 11.1 1:00 Piano Duet by Dr. Neil & Rev. Paul Walker – Auditorium
4 9:30 Protestant Service – SNF Chapel/Channel 23.1 10:30 Catholic Mass – Towers Chapel/Channel 19.1	5 10:00 Strength & Balance Exercise – Auditorium 3:00 Happy Hour – Auditorium	6 9:00 Independent Living Manicures – Fireside Lounge 9:30 HASfit TV Exercise – Channel 11.1 1:00 Resident Council – Hobby Room 3:00 Wellness Visits	7 10:00 Strength & Balance Exercise – Hobby Room 10:30 The Funeral Lady Presentation – Auditorium 10:00 Rochester Athletic Club – Lobby 1:30 Bingo – 2 nd Floor Act. Room 1:30 General Election Voting – Auditorium 1:45 HyVee 37 th St. Groceries – Lobby 2:00 Hand Massages – Fireside Lounge 2:00 500 Card Game – Rochester Room 2:30 Wellness Visits	8 9:00 Assisted Living Manicures – 2 nd Floor Act. Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread Group – Lobby 1:00 October Birthday Celebration with live music by Steve Strange – Auditorium 3:00 Happy Hour – Auditorium	9 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium 1:00 Farkle – Hobby Room	10 9:30 HASfit TV Exercise – Channel 11.1
11 9:30 Protestant Service – SNF Chapel/Channel 23.1 10:30 Catholic Mass – Towers Chapel/Channel 19.1	12 10:00 Strength & Balance Exercise – Auditorium 3:00 Happy Hour – Auditorium	13 9:00 Independent Living Manicures – Fireside Lounge 9:30 HASfit TV Exercise – Channel 11.1 10:30 Town Hall Meeting – Auditorium & Channel 73.1 1:00 Library Committee Meeting – Hobby Room 2:00 Quarry Hill Outing – Lobby	14 10:00 Strength & Balance Exercise – Auditorium 10:00 Rochester Athletic Club – Lobby 1:30 Bingo – 2 nd Floor Act. Room 1:45 Target North Groceries – Lobby 2:00 Hand Massages – Fireside Lounge 2:00 500 Card Game – Rochester Room 2:30 Wellness Visits 7:00 Live music with the Notocords – Aud	15 9:00 Assisted Living Manicures – 2 nd Floor Act. Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread Group – Lobby 2:00 Trivia – 2 nd Floor Act. Room 3:00 Happy Hour – Auditorium	16 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium 1:30 Movie Matinee: Frankenstein – Auditorium	17 9:30 HASfit TV Exercise – Channel 11.1
18 9:30 Protestant Service – SNF Chapel/Channel 23.1 10:30 Catholic Mass – Towers Chapel/Channel 19.1	19 10:00 Strength & Balance Exercise – Auditorium 3:00 Happy Hour – Auditorium	20 9:00 Classic Radio – Fireside Lounge 9:30 HASfit TV Exercise – Channel 11.1 10:00 What's for Dinner Meeting – Dining Room 2:00 Live music with Sister Luv – Auditorium	21 10:00 Strength & Balance Exercise – Auditorium 10:00 Rochester Athletic Club – Lobby 1:30 Bingo – 2 nd Floor Act. Room 1:45 HyVee 37 th St. Groceries – Lobby 2:00 Hand Massages – Fireside Lounge 2:00 500 Card Game – Rochester Room 2:30 Wellness Visits	22 9:00 Assisted Living Manicures – 2 nd Floor Act. Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread Group – Lobby 1:00 Music Memories Trivia – Auditorium 2:00 Gift of Gab – 2 nd Floor Act. Room 3:00 Happy Hour – Auditorium	23 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium 1:30 Movie Matinee: The Addams Family – Auditorium	24 9:30 HASfit TV Exercise – Channel 11.1
25 9:30 Protestant Service – SNF Chapel/Channel 23.1 10:30 Catholic Mass – Towers Chapel/Channel 19.1	26 10:00 Strength & Balance Exercise – Auditorium 3:00 Happy Hour – Auditorium	27 9:00 Classic Radio – Fireside Lounge 9:30 HASfit TV Exercise – Channel 11.1 12:00 Luncheon: Nupa – Rochester Room 2:00 Live music with Everett & Vicki Schulz – Auditorium	28 10:00 Strength & Balance Exercise – Auditorium 10:00 Rochester Athletic Club – Lobby 1:30 Bingo – 2 nd Floor Act. Room 1:45 Walmart North Groceries – Lobby 2:00 Hand Massages – Fireside Lounge 2:00 500 Card Game – Rochester Room 2:30 Wellness Visits	29 9:00 Assisted Living Manicures – 2 nd Floor Act. Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread Group – Lobby 2:00 Assisted Living Halloween Party – 2 nd Floor Act. Room 3:00 Halloween Happy Hour – Auditorium	30 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium	31 Halloween 9:30 HASfit TV Exercise – Channel 11.1 10:30 Trick-or-Treating Event – Auditorium

For any questions, please contact Collin Volkman, Wellness Director, at 507-206-2364.