

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00am Mass on TV 9:30am "The Perk" Newsletter Reading & Discussion 9:45am Noodle Ball 10:30am Hydration & Snack 10:45am BINGO 1:30pm Sing Along 2:30pm Happy Hour 4:30pm Prayer Group + Lucille on the Piano	2 9:00am Mass on TV 9:30am "The Perk" Newsletter Reading & Discussion 9:45am Sit to be Fit 10:15am Hydration & Snack 11:00am October Trivia 1:30pm Cornhole with Grace 2:30pm Hydration & Snack 2:45pm Nails with Carol 3:30pm Friday Movie & Popcorn	3 10:00am Pet Therapy (Loki) (Redbone Coonhound) 4:00pm Mass on TV AVAILABLE: puzzles, reading, patio visits, TV in the Living Room, a walk, cards, music, coloring, handiwork Take it easy and enjoy your day!
4 No Wellness Staff Today Feel free to enjoy some independent time today -- Puzzles, reading, patio visits, TV in the Living Room, a walk, cards, music, coloring, handiwork Take it easy and enjoy your day!	5 9:00am "The Perk" Newsletter Reading & Discussion 9:30am Exercise Program 10:00am BINGO 10:45am Hydration & Snack 11:00am Trivia 1:00pm Pet Therapy (Opal) 2:30pm Hydration & Snack 3:00pm Travelogue – Washington DC 4:30pm Prayer Group	6 9:00am Mass on TV 9:30am "The Perk" Newsletter Reading & Discussion 9:45am Exercise Program 10:30am Hydration & Snack 10:45am BINGO 11:45am Musical Safari 1:30pm Sing Along 2:45pm Hydration & Snack 3:00pm Balloon Ball 4:30pm Prayer Group 9:45am – 1:00pm Voting	7 9:00am Mass on TV 9:30am "The Perk" Newsletter Reading & Discussion 9:45am Walk & Talk Grace 10:30am Worship in Chapel 10:45am Finish The Lyric 11:15am Travelogue: Iceland 1:30pm BINGO 2:30pm Hydration & Snack 2:45pm Marble Painting 3:45pm Concert Series (Elvis Presley)	8 9:00am Mass on TV 9:30am "The Perk" Newsletter Reading & Discussion 9:45am Noodle Ball 10:30am Hydration & Snack 10:45am BINGO 11:30am Foam Craft 1:30pm Patio Time 2:30pm Happy Hour 4:30pm Prayer Group + Lucille on the Piano	9 9:00am Mass on TV 9:30am "The Perk" Newsletter Reading & Discussion 9:45am BINGO 10:15am Hydration & Snack 10:30am Conversation Dice 1:30pm Bean Bag Tic-Tac-Toe 2:30pm Hydration & Snack 2:45pm Poetry 3:30pm Friday Movie & Popcorn	10 9:45am The Perk Newsletter 10:00am Pet Therapy (Harry) (Shih Tzu/Bischon Mix) 10:30am Drumming (Sarah) 10:15am Hydration & Snack 11:00am Word Games (Sarah) 1:30pm Movie 2:30pm Hydration & Snack 3:15pm TV Trivia (Sarah) 4:00pm Mass on TV
11 No Wellness Staff Today Feel free to enjoy some independent time today -- Puzzles, reading, patio visits, TV in the Living Room, a walk, cards, music, coloring, handiwork. See you Monday!	12 9:00am "The Perk" Newsletter Reading & Discussion 9:30am Exercise Program 10:00am BINGO 10:45am Hydration & Snack 11:00am Early Lunch 12:30pm Outing: Alive & Kicking Sing-Along 1:00pm Pet Therapy (Opal) 2:30pm Hydration & Snack 3:45pm Classic TV: Dick Van Dyke 4:30pm Prayer Group	13 9:00am Mass on TV 9:30am "The Perk" Newsletter Reading & Discussion 9:45am Exercise Program 10:30am Hydration & Snack 10:45am BINGO 11:15am Craft 1:30pm Chicken Soup For The Soul Reading 2:00pm Scott on the Guitar 2:45pm Hydration & Snack 3:00pm Jokes with Carol 4:30pm Prayer Group	14 9:30am "The Perk" Newsletter Reading & Discussion 9:45am Walk & Talk 10:30am Worship in Chapel 10:30am Hydration & Snack 11:15am Travelogue: Greece 1:30pm BINGO 2:30pm Hydration & Snack 2:45pm Beachball Soccer 3:45pm Concert Series: Dolly Parton	15 9:00am Mass on TV 9:30am "The Perk" Newsletter Reading & Discussion 9:45am Noodle Ball 10:30am Hydration & Snack 10:45am Leaf Rubbing 11:30am Sing Along 1:30pm Cornhole 2:30pm Happy Hour 4:30pm Prayer Group + Lucille on the Piano	16 9:00am Mass on TV 9:30am "The Perk" Newsletter Reading & Discussion 9:45am Word Games 10:15am Hydration & Snack 10:30am Balloon Ball 11:00am Worship (Rev. Stephanie) 1:30pm Sing Along 2:30pm Hydration & Snack 2:45pm Bird Trivia 3:30pm Friday Movie & Popcorn	17 9:45am The Perk Newsletter 10:00am Pet Therapy (Jolly) (Poodle Mix) 10:15am Hydration & Snack 10:30am Exercise 11:00am BINGO 1:30pm Movie 2:30pm Hydration & Snack 3:15pm Halloween Trivia 4:00pm Mass on TV

18 10:00am "The Perk" Newsletter Reading & Discussion 10:15am Exercise 10:45am Hydration & Snack 11:00am Travelogue: Canada 1:30pm Nails with Carol 2:30pm Hydration & Snack 3:00pm Movie	19 9:00am "The Perk" Newsletter Reading & Discussion 9:30am Exercise Program 10:00am BINGO 10:45am Hydration & Snack 11:00am Spa Day 1:00pm Pet Therapy (Opal) 2:30pm Hydration & Snack 3:00pm Tabletop Bowling 4:30pm Prayer Group	20 9:00am Mass on TV 9:30am "The Perk" Newsletter Reading & Discussion 9:45am Exercise Program 10:30am Hydration & Snack 10:45am BINGO 11:15am Flower Arranging 11:45am Musical Safari 1:30pm Table Balloon Ball 2:45pm Hydration & Snack 3:00pm Patio Time 4:30pm Prayer Group	21 9:30am "The Perk" Newsletter Reading & Discussion 9:45am Walk & Talk 10:30am Worship in the Chapel 10:30am Hydration & Snack 11:15am Travelogue: Mexico 1:30pm BINGO 2:30pm Hydration & Snack 3:45pm Concert Series (The Beatles)	22 9:00am Mass on TV 9:30am "The Perk" Newsletter Reading & Discussion 9:45am BINGO 10:30am Hydration & Snack 11:00am Worship (Rev. Stephanie) 11:30am Hand Massages 1:30pm Travelogue: Mexico Day of the Dead 2:30pm Happy Hour 4:30pm Prayer Group + Lucille on the Piano	23 9:00am Mass on TV 9:30am "The Perk" Newsletter Reading & Discussion 9:45am BINGO 10:30am Hydration & Snack 1:30pm Balloon Ball 2:30pm Hydration & Snack 2:45pm Crafternoon 3:30pm Friday Movie & Popcorn:	24 9:45am The Perk Newsletter 10:30am Exercise 11:00am Jokes and Puns 1:30pm Movie 3:15pm Uno Game 4:00pm Mass on TV
25 No Wellness Staff Today Feel free to enjoy some independent time today -- Puzzles, reading, patio visits, TV in the Living Room, a walk, cards, music, coloring, handiwork Take it easy and enjoy your day! See you Monday!	26 9:00am "The Perk" Newsletter Reading & Discussion 9:30am Exercise Program 10:00am BINGO 10:45am Hydration & Snack 11:00am Early Lunch 1:00pm Pet Therapy (Opal) 2:30pm Hydration & Snack 3:00pm Outing: Minnesota Landscape Arboretum 4:00pm Classic TV: Family Fued 4:30pm Prayer Group	27 9:00am Mass on TV 9:30am "The Perk" Newsletter Reading & Discussion 9:45am Exercise Program 10:30am Hydration & Snack 10:45am BINGO 11:30am Nails with Carol 1:30pm Pipe Cleaner Pumpkins Art 2:45pm Hydration & Snack 3:00pm October Birthday Party in Lobby/Bistro 4:30pm Prayer Group	28 9:30am "The Perk" Newsletter Reading & Discussion 9:45am Walk & Talk 10:30am Worship in the Chapel 11:15am Travelogue - Salem,MA 1:30pm BINGO 2:30pm Hydration & Snack 2:45pm Sing Along 3:45pm Concert Series : Willy Nelson	29 9:00am Mass on TV 9:30am "The Perk" Newsletter Reading & Discussion 9:45am Noodle Ball 10:30am Hydration & Snack 10:45am BINGO 2:00pm Oktoberfest Music with The Polka Dots - CH 2:30pm Happy Hour 4:30pm Prayer Group + Lucille on the Piano Sing-Along	30 9:00am Mass on TV 9:30am "The Perk" Newsletter Reading & Discussion 9:45am Noodle Ball 10:15am Hydration & Snack 11:00am Worship (Rev. Stephanie) 1:30pm BINGO 2:30pm Hydration & Snack 3:30pm Friday Movie & Popcorn: 4:00pm Trick or Treaters!	31 9:45am The Perk Newsletter 10:00am Pet Therapy (Harry) (Shih Tzu/Bischon Mix) 10:30am Exercise 11:00am Word Games 1:30pm Movie 3:15pm Painting 4:00pm Mass on TV

Activities subject to change.