

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

# October

## 2024

Primrose & Goldenrod  
Neighborhoods

|   |   |  |  |  |   |  |
|---|---|--|--|--|---|--|
|   |   | <p><b>1</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Tai Chi with Don (PR)<br/>10:00 Terry's Time! (PR)</p> <p>12:45 Outdoor Stroll (Weather Permitting)<br/>2:15 Air Fryer Apples (PR)<br/>3:00 International Day of Older Persons: Short Video and Discussion (PR)</p> | <p><b>2</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Exercise: Hand Weights (PR)<br/>10:30 SingFit Music (GR)</p> <p>1:00 Chaplain Chats (PR)<br/>3:00 National Geographic: Cursed Gold, A Shipwreck Scandal Ep.1 (GR)</p> <p><small>Rosh Hashanah Begins</small></p>  | <p><b>3</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Chair Yoga (PR)<br/>10:00 Resident Council (PR)</p> <p>12:30 Joy Ride West (S/U)<br/>2:15 Relaxation Hour: Calming Music with Hand Massages (GR)<br/>3:00 Pumkin Pie Ice Cream (PR)</p> | <p><b>4</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Strength Training: MoveMor Boards (PR)<br/>10:30 Bingo! (GR)</p> <p>12:45 Outdoor Stroll (Weather Permitting)<br/>2:15 Dominoes (GR)<br/>3:00 Vampire's Kiss Cocktail Happy Hour (GR)</p>  | <p><b>5</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Coffee &amp; Chats (GR)<br/>10:30 Fitness with Marquis (GR)</p> <p>12:45 To the Pond! (Weather Permitting)<br/>2:15 Saturday Matinee: Return to OZ (GR)</p>                                   |
| <p><b>6</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:45 Sunday Worship (FH)<br/>10:45 YouTube Seated Exercise (GR)</p> <p>1:30 Afternoon Movie (GR)</p>  | <p><b>7</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Fitness with Terry (GR)<br/>9:45 Catholic Mass (1CR)<br/>10:00 Nail Care (GR)</p> <p>1:00 Coloring Corner (GR)<br/>3:00 The Golden Girls (GR)</p>  | <p><b>8</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Stretch and Strengthen (PR)<br/>10:30 Old Time Hymn Sing with Dory (GR)</p> <p>12:45 Outdoor Stroll (Weather Permitting)<br/>2:15 Making Halloween Soap! (AS)<br/>3:00 Afternoon Movie: Hocus Pocus (GR)</p>        | <p><b>9</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Fitness wit Erin (PR)<br/>10:15 Active Minds Poetry (PR)</p> <p>1:00 Chaplain Chats (PR)<br/>1:45 Pumpkin Milkshakes (PR)<br/>2:45 Music with Katie (GR)<br/>3:30 National Geographic: Cursed Gold, A Shipwreck Scandal Ep.2 (GR)</p>                                 | <p><b>10</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Chair Yoga (PR)<br/>10:45 Lunch at La Fogata (S/U)</p> <p>2:15 Relaxation Hour: Calming Music with Hand Massages (GR)<br/>3:00 Calendar Planning Meeting (PR)</p>                      | <p><b>11</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Strength Training: MoveMor Boards (PR)<br/>10:30 Bingo! (GR)</p> <p>12:45 Outdoor Stroll (Weather Permitting)<br/>2:30 Music with Calvin Weatherall (GR)<br/>3:00 Green Goblin Cocktail Happy Hour (GR)</p> <p><small>Yom Kippur Begins</small></p> | <p><b>12</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Coffee and Chats (GR)<br/>10:30 Exercise with Octaband (GR)</p> <p>12:45 Eldergrow Gardening (GR)<br/>2:15 Saturday Matinee: Harry Potter and the Sorcerer's Stone (GR)</p>                  |
| <p><b>13</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:45 Sunday Worship (FH)<br/>10:45 YouTube Seated Exercise (GR)</p> <p>1:30 Afternoon Movie (GR)</p> | <p><b>14</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Fitness with Terry (GR)<br/>10:00 Nail Care (GR)</p> <p>1:00 Coloring Corner (GR)<br/>3:00 Oktoberfest Party (FH)</p> <p><small>Thanksgiving Day (Canada)<br/>Indigenous Peoples' Day<br/>Columbus Day (US)</small></p> | <p><b>15</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Tai Chi with Don (PR)<br/>10:15 IN2L Halloween Trivia (GR)</p> <p>2:30 Afternoon Movie: Resident Choice! (GR)</p>  | <p><b>16</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Exercise: Hand Weights (PR)<br/>10:30 SingFit Music (GR)</p> <p>1:00 Chaplain Chats (PR)<br/>1:45 Eldergrow Gardening (GR)<br/>3:00 National Geographic: Cursed Gold, A Shipwreck Scandal Ep.3 (GR)</p> <p><small>Sukkot Begins</small></p>                          | <p><b>17</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Chair Yoga (PR)<br/>10:15 Fun with Watercolors (AS)</p> <p>12:30 Joy Ride South/East (S/U)<br/>2:30 Fill Your Cup Social (FH)</p>  | <p><b>18</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Strength Training: MoveMor Boards (PR)<br/>10:30 Bingo! (GR)</p> <p>12:45 Outdoor Stroll (Weather Permitting)<br/>2:15 Dominoes (GR)<br/>3:00 Pink Witch Punch Cocktail Happy Hour (GR)</p>   | <p><b>19</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Coffee &amp; Chats (GR)<br/>10:30 Fitness with Marquis (GR)</p> <p>12:45 To the Pond! (Weather Permitting)<br/>2:15 Saturday Matinee: Young Frankenstein (GR)</p>                            |
| <p><b>20</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:45 Sunday Worship (FH)<br/>10:45 YouTube Seated Exercise (GR)</p> <p>1:30 Afternoon Movie (GR)</p> | <p><b>21</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Fitness with Terry (GR)<br/>10:00 Nail Care (GR)</p> <p>1:00 Coloring Corner (GR)<br/>3:00 Birthday Party (FH)</p>  | <p><b>22</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Stretch and Strengthen (PR)<br/>10:30 Old Time Hymn Sing with Dory (GR)</p> <p>12:45 Outdoor Stroll (Weather Permitting)<br/>2:00 Air Fryer Cranberry Brie Bites (PR)<br/>3:00 Health Talk with Tsehay (PR)</p>    | <p><b>23</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:15 Fitness wit Erin (PR)<br/>10:00 Musical: Into the Woods (FH)</p> <p>1:00 Chaplain Chats (PR)<br/>1:45 Air Fryer Apple Pies (PR)<br/>2:45 Music with Katie (GR)<br/>3:30 National Geographic: Weird but True Ep.1 (GR)</p> <p><small>Simchat Torah Begins</small></p> | <p><b>24</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Chair Yoga (PR)<br/>10:15 Broken Jewelry Ghost Décor (AS)</p> <p>12:30 Out to See Halloween Decorations (S/U)<br/>2:30 Pumpkin Carving (PR)</p>  | <p><b>25</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Strength Training: MoveMor Boards (PR)<br/>10:30 Bingo! (GR)</p> <p>12:45 Outdoor Stroll (Weather Permitting)<br/>2:15 Dominoes (GR)<br/>3:00 Franken-Rita Cocktail Happy Hour (GR)</p>   | <p><b>26</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Coffee and Chats (GR)<br/>10:30 Music with Lamont (FH)</p> <p>12:45 To the Pond! (Weather Permitting)<br/>2:15 Saturday Matinee: Pirates of the Caribbean, Curse of the Black Pearl (GR)</p> |
| <p><b>27</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:45 Sunday Worship (FH)<br/>10:45 YouTube Seated Exercise (GR)</p> <p>1:30 Afternoon Movie (GR)</p> | <p><b>28</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Fitness with Terry (GR)<br/>10:00 Nail Care (GR)</p> <p>1:00 Coloring Corner (GR)<br/>3:00 The Golden Girls (GR)</p>  | <p><b>29</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Stretch and Strengthen (PR)<br/>10:15 Air Fryer Chocolate Chip Pumpkin Bread (PR)</p> <p>12:45 Outdoor Stroll (Weather Permitting)<br/>2:30 Broken Jewelry Pumpkin Décor (FH)</p>                                  | <p><b>30</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Exercise: Hand Weights (PR)<br/>10:30 SingFit Music (GR)</p> <p>1:00 Chaplain Chats (PR)<br/>1:45 Air Fryer Pumpkin Fritters (PR)<br/>3:00 National Geographic: 3:30 National Geographic: Weird but True Ep.1 (GR)</p>   | <p><b>31</b></p> <p>9:00 Garden Care (GR &amp; PR)<br/>9:30 Chair Yoga (PR)<br/>10:15 Making Kitty Litter Cake (A Halloween Yummy Treat) (PR)</p> <p>2:00 Halloween Party! (FH)</p> <p><small>Halloween</small></p>                                | <p><b>Happy Birthday:</b></p> <p>14<sup>th</sup> Judy H.<br/>14<sup>th</sup> Lorraine S.</p>  |  |