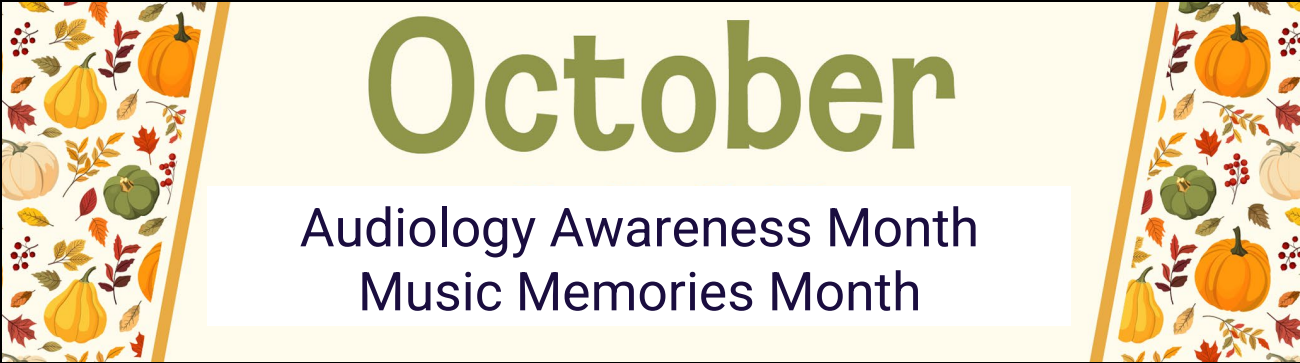


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October Audiology Awareness Month Music Memories Month			1 9:45 Rosary 10:00 Catholic Mass 11:00 Morning Messages 2:00 Lutheran Service with Pastor Plocher National Homemade Cookie Day Yom Kippur Begins	2 Happy Birthday Judy! 9:45 After Breakfast Boost 10:15 Balloon Ball 11:00 Morning Messages 1:30 Sustainable Safari World Farm Animals Day	3 9:45 Airway Aerobics 10:15 Dice Games 11:00 Morning Messages 2:00 Paint and Puzzles World Smile Day	4 9:45 Sunrise Stretches 10:15 Bean Bags 11:00 Morning Messages 2:00 Staff Choice Activity World Card Making Day
5 10:00 Gentle Shepherd Ministries 10:30 Catholic Communion with Vince 2:00 BINGO and treats World Teachers Day	6 9:45 Chair Yoga 10:15 Memory Munchers 11:00 Morning Messages 2:30 Vine Music Sukkot Begins	7 9:45 Senior-cises 10:15 Card Games 11:00 Morning Messages 2:00 Len Krenik Music American Bandstand Birthday 1952	8 Mass at West 9:45 Wake Up Workout 10:15 Fall Foam Crafts 11:00 Morning Messages 2:30 Lutheran Service with Matt Moldstad National Octopus Day	9 9:45 After Breakfast Boost 10:15 Ring Toss 11:00 Morning Messages 2:00 A&K Carlson Music National Curious Events Day	10 9:45 Airway Aerobics 10:30 Music Memories with Kristen 2:00 Cupcake Decorating (and eating!) National Cake Decorating Day	11 Happy Birthday JoJo! 9:45 Sunrise Stretches 10:15 Balloon Bash 11:00 Morning Messages 2:00 Staff Choice Activity
12 10:00 Gentle Shepherd Ministries 10:30 Catholic Communion with Vince 2:00 BINGO and treats World Arthritis Day	13 9:45 Chair Yoga 10:15 Memory Munchers – Name that Tune! 11:00 Morning Messages 2:00 Pumpkin Decorating Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	14 Happy Birthday Noel! 9:45 Senior-cises 10:15 Dice Games 11:00 Morning Messages 2:00 Hosanna Lutheran Service Simchat Torah Begins	15 9:45 Rosary 10:00 Catholic Mass 11:00 Morning Messages 2:00 Bingo and Snacks	16 9:45 After Breakfast Boost 10:15 Card Games 11:00 Morning Messages 2:30 Craig Blackstad Music	17 9:45 Airway Aerobics 10:15 Sensory Sand 11:00 Morning Messages 2:00 Paint and Puzzles Happy Birthday Hollywood Squares (1966)	18 9:45 Sunrise Stretches 10:15 Kickball 11:00 Morning Messages 2:00 Squirrel Craft Nuts about Squirrels Day
19 10:00 Gentle Shepherd Ministries 10:30 Catholic Communion with Vince 2:00 BINGO and treats	20 9:45 Chair Yoga 10:15 Board Games 11:00 Morning Messages 2:00 Roam from Home: International Wolf Center	21 9:45 Senior-cises 10:15 Ring Toss 11:00 Morning Messages 2:00 Reptile Facts and Fun National Reptile Awareness Day	22 Mass at West 9:45 Wake Up Workout 10:15 Design a pumpkin face 11:00 Morning Messages 2:30 Lutheran Service with Pastor Soule	23 9:45 After Breakfast Boost 10:15 Memory Munchers 11:00 Morning Messages 2:00 Ax Throwing and Lumberjack History	24 9:45 Airway Aerobics 10:30 Music Memories with Kristen 2:00 Fun with Fancy Flowers Wear PINK Day!	25 9:45 Sunrise Stretches 10:15 Sensory Sand 11:00 Morning Messages 2:00 Staff Choice Activity
26 Happy Birthday Dianne E! 10:00 Gentle Shepherd Ministries 10:30 Catholic Communion with Vince 2:00 BINGO and treats National Pumpkin Day!	27 9:45 Chair Yoga 10:15 Dice Games 11:00 Morning Messages 2:00 Flannel Pumpkin Craft Wear Your Favorite Flannel!	28 9:45 Senior-cises 10:15 Card Games 11:00 Morning Messages 2:00 Mask Making	29 9:45 Rosary 10:00 Catholic Mass 11:00 Morning Messages 2:30 Lutheran Service with Pastor Moldstad National Cat Day	30 9:45 After Breakfast Boost 10:15 Board Games 11:00 Morning Message 2:30 Bob Stephan Music	31 9:45 Airway Aerobics 10:15 Trick or Truth: Fun Facts 11:00 Morning Messages 2:00 Costume Contest and Trick or Treating National Caramel Apple Day Halloween	