

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Resident Council Meetings Resident Council Meetings will be held in the Media Room on the 2nd Wednesday of each month. Resident Volunteer Ambassador Nancy Winninger Resident Volunteer Ambassador Ruth Smith		1 9:30 Coffee & Conversation - Classroom 10:45 Chair Yoga w/Jill - Media Rm Followed by fruit smoothies in Pub 1:30 Songbirds - Media Room 2:30 Rummikub/ Scrabble - Pub 2:30 Writing Group #1 Classroom 3:00 Exercise & Massage w/ Peter - Media Room 3:30 Social Hour - Pub 6:30 Series: ER - Media Room	2 9:30 Morning Social Hour w/Cindy - Pub 10:30 Chair Exercise Video - Media Room 1:30 Expressive Chair Movement Class w/ Madelyn - Classroom 2:15 Bingo - 2nd FL Dining RM 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub 6:30 Classic TV Series Night: Columbo - Media Room	3 10:30 Chair Exercise Video - Media Room 1:30 Games - Rummikub, Chess, Checkers, Cribbage - Pub 2:30 American Melody Band - Media Room 3:30 Social Hour - Pub 6:00 Series: When Calls the Heart - Media Room
4 Elizabeth M. Birthday 7:30 Hot Breakfast - 2nd & 3rd FL Din RM 10:00 Televised Mass - Media Room 1:30 Sarah the Fiddler- Media Room 3:30 Social Hour - Pub 6:00 Series: Anne with An “E” - Media Room	5 Elaine K. Birthday 10:00 Northampton Shopping Trip - Walmart/Big Y/ Dollar Tree 1:30 Outdoor Walking Group-weather permitting - Meet in Living Room 1:30 Writing Group #2 Classroom 2:30 Rummikub - Pub 2:30 Wheel of Fortune - Media Room 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub 6:30 Film: The Devil Wears Prada - Media Room	6 10:30 Chair Exercise Video - Media Room 1:30 Eucharistic Communion Service - Classroom 2:30 Rummikub - Pub 2:45 Prayer Group Meeting - Classroom 3:00 Exercise & Massage w/ Peter - Media Room 3:30 Social Hour - Pub 6:30 Series: Garage Sale Mysteries - Media Room	7 7:30 Hot Breakfast - 2nd & 3rd FL Dining RM 10:30 Sunshine Village - Pub 1:30 Netflix Documentary: Sitting Bull Ep.1 -Media Room 2:15 Bingo - 2nd FL Dining RM 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub 6:30 Movie: The Mirror Has Two Faces - Media Room	8 9:30 Coffee & Conversation - Classroom 10:45 Chair Yoga w/Jill - Media Rm Followed by fruit smoothies in Pub 1:30 Songbirds - Media Room 2:30 Rummikub/ Scrabble - Pub 2:30 Writing Group #1 Classroom 3:00 Exercise & Massage w/ Peter - Media Room 3:30 Social Hour - Pub 6:30 Series: ER - Media Room	9 10:30 Bingo & Prizes w/ Ali from Associated Home Care - Pub 1:30 Drum Circle Exercise w/Tara - Media Room 2:15 Bingo - 2nd FL Dining RM 3:30 Exercise w/ Peter - Media Room 3:30 Pink Social Hour in Honor of Breast Cancer Awareness Month - Pub 6:30 Classic TV Series Night: Columbo - Media Room	10 10:30 Chair Exercise Video - Media Room 1:15 Crocheting with Charlotte - Classroom 1:30 Games - Rummikub, Chess, Checkers, Cribbage - Pub 2:30 Singing & Guitar w/Greg Peters - Media Room 3:30 Social Hour - Pub 6:00 Series: When Calls the Heart - Media Room
11 7:30 Hot Breakfast - 2nd & 3rd FL Din RM 10:00 Televised Mass - Media Room 1:30 Games - Chess, Checkers, Pitch, Cribbage - Pub 1:30 Men’s Group - Classroom 1:30 Series Matinee: All Creatures Great & Small - Media Room 2:15 Bingo - 2nd FL Din RM 3:30 Social Hour - Pub 6:00 Series: Anne with An “E” - Media Room	12 Indigenous Peoples’ Day/ Michael S. Birthday 10:30 Pumpkin Decorating in the Pub 1:30 Netflix Documentary: Sitting Bull Ep. 2 1:30 Outdoor Walking Group-weather permitting - Meet in Living Room 1:30 Writing Group #2 Classroom 2:30 Rummikub - Pub 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub 6:30 Film: Victoria & Abdul - Media Room	13 10:30 Chair Exercise Video - Media Room 1:30 Threshold Circle Discussion Group - Classroom 2:30 Rummikub - Pub 3:00 Exercise & Massage w/ Peter - Media Room 3:30 Social Hour - Pub 6:30 Series: Garage Sale Mysteries - Media Room	14 Mary B.L. Birthday 7:30 Hot Breakfast - 2nd & 3rd FL Dining RM 10:30 Sunshine Village - Pub 1:15 All Residents Encouraged to Attend- Resident Council Meeting 2:15 Bingo - 2nd FL Dining RM 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub 6:30 Movie: Steel Magnolias - Media Room	15 9:30 Coffee & Conversation - Classroom 10:00 Foliage Van Trip #1 Apex Orchards 10:45 Chair Yoga w/Jill - Media Rm 1:30 Songbirds - Media Room 2:30 Rummikub/ Scrabble - Pub 2:30 Writing Group #1 Classroom 3:00 Exercise & Massage w/ Peter - Media Room 3:30 Social Hour - Pub 6:30 Series: ER - Media Room	16 10:30 Chair Exercise Video - Media Room 1:15 Matinee: Someone Like You- Media Room 2:15 Bingo - 2nd FL Dining RM 3:00 Healthy Goal Exercise Challenge - Media Room 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub 6:30 Classic TV Series Night: Columbo - Media Room	17 10:30 Chair Exercise Video - Media Room 1:30 Games - Rummikub, Chess, Checkers, Cribbage - Pub 2:00 Matinee: Eat, Pray, Love - Media Room 2:15 Bingo 2nd FL Dining RM - (To Replace Sun. the 4th) 3:30 Social Hour - Pub 6:00 Series: When Calls the Heart - Media Room
18 7:30 Hot Breakfast - 2nd & 3rd FL Din RM 10:00 Televised Mass - Media Room 1:30 Games - Chess, Checkers, Pitch, Cribbage - Pub 1:30 Men’s Group - Classroom 1:30 Series Matinee: All Creatures Great & Small - Media Room 2:15 Bingo - 2nd FL Din RM 3:30 Social Hour - Pub 6:00 Series: Anne with An “E” - Media Room	19 9:30 Hadley Shopping Trip - Target/Trader Joe’s & Marshalls 1:30 Outdoor Walking Group-weather permitting - Meet in Living Room 1:30 Writing Group #2 Classroom 2:30 Rummikub - Pub 2:30 Wheel of Fortune - Media Room 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub 6:30 Film: Hope Floats - Media Room	20 10:30 Chair Exercise Video - Media Room 1:30 Eucharistic Communion Service - Classroom 2:30 Rummikub - Pub 3:00 Exercise & Massage w/ Peter - Media Room 3:30 Social Hour - Pub 6:30 Series: Garage Sale Mysteries - Media Room	21 7:30 Hot Breakfast - 2nd & 3rd FL Dining RM 10:30 Sunshine Village - Pub 12:00 Birthday Meals P 1:30 Health Presentation w/Alice - Media Room 2:15 Bingo - 2nd FL Dining RM 2:15 Bright Spot Therapy Dog, Bodhi - Classroom 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub 6:30 Movie: Sleepless in Seattle - Media Room	22 9:30 Coffee & Conversation - Classroom 10:00 Foliage Van Trip #2 Apex Orchards 10:45 Chair Yoga w/Jill - Media Rm 1:30 Songbirds - Media Room 2:30 Rummikub/ Scrabble - Pub 2:30 Writing Group #1 Classroom 3:00 Exercise & Massage w/ Peter - Media Room 3:30 Social Hour - Pub 6:30 Series: ER - Media Room	23 10:30 Chair Exercise Video - Media Room 1:30 Expressive Chair Movement Class w/ Madelyn - Classroom 2:15 Bingo - 2nd FL Dining RM 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub 6:30 Classic TV Series Night: Columbo - Media Room	24 10:30 Chair Exercise Video - Media Room 1:15 Crocheting with Charlotte - Classroom 1:30 Games - Rummikub, Chess, Checkers, Cribbage - Pub 2:30 Singing & Guitar w/Larry Lewis - Media Room 3:30 Social Hour - Pub 6:00 Series: When Calls the Heart - Media Room
25 7:30 Hot Breakfast - 2nd & 3rd FL Din RM 10:00 Televised Mass - Media Room 1:30 Games - Chess, Checkers, Pitch, Cribbage - Pub 1:30 Men’s Group - Classroom 1:30 Series Matinee: All Creatures Great & Small - Media Room 2:15 Bingo - 2nd FL Din RM 3:30 Social Hour - Pub 6:00 Series: Anne with An “E” - Media Room	26 10:00 Northampton Shopping Trip - Walmart/Big Y/ Dollar Tree 1:30 Outdoor Walking Group-weather permitting - Meet in Living Room 1:30 Writing Group #2 Classroom 2:30 Rummikub - Pub 2:30 Wheel of Fortune - Media Room 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub 6:30 Film: Tortilla Soup - Media Room	27 Dennis D. Birthday 10:30 Chair Exercise Video - Media Room 1:30 Dining Forum - Media Room 2:30 Rummikub - Pub 2:45 Prayer Group Meeting - Classroom 3:00 Exercise & Massage w/ Peter - Media Room 3:30 Social Hour - Pub 6:30 Series: Garage Sale Mysteries - Media Room	28 7:30 Hot Breakfast - 2nd & 3rd FL Dining RM 10:30 Sunshine Village - Pub 1:15 Blood Pressure Clinic - Pub 2:00 Community Meeting - Media Room 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub 6:30 Movie: Young Frankenstein - Media Room	29 9:30 Coffee & Conversation - Classroom 10:45 Chair Yoga w/Jill - Media Rm Followed by fruit smoothies in Pub 1:30 Songbirds - Media Room 2:30 Rummikub/ Scrabble - Pub 2:30 Writing Group #1 Classroom 3:00 Exercise & Massage w/ Peter - Media Room 3:30 Social Hour - Pub 6:30 Series: ER - Media Room	30 10:30 Chair Exercise Video - Media Room 10:30 Laura’s Little Bites - 3rd FL Dining Room 1:30 Halloween Costume Contests Resident & Staff - Media Room 2:15 Halloween Bingo - 2nd FL Dining RM 3:30 Halloween Social Hour - Media Room & Pub 6:30 Classic TV Series Night: Columbo - Media Room	31 Halloween 10:30 Chair Exercise Video - Media Room 1:30 Games - Rummikub, Chess, Checkers, Cribbage - Pub 2:30 Keyboards w/Len - Media Room 3:30 Social Hour - Pub 6:00 Series: When Calls the Heart - Media Room