



October 2015 Activity Calendar

NOTE: All activities are subject to change and weather dependent

Priority seating given to the Residents of West River Valley Assisted Living

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Legend DR = Dining Room LR = Living Room UP = Upper Parlor LP = Lower Parlor AR = Activity/Bingo Room		<u>Resident Birthdays</u> Caroline T. 10/16 Margarite L. 10/18 Ann D. 10/26		1 10:15 Exercise Class (DR) 3:00 Resident Council Meeting (LR)	2 10:30 Gentle Yoga (UP) 2:30 Bingo (AR) 3:45 Wine and Cheese (UP)	3 10:30 Walking Group (Hallways or Outside) 3:00 Ice Cream Social (LR)
4 3:00 Name that Tune (AR) 6:00 Movie (LP)	5 10:30 Morning Stretch (LR) 2:15 Bingo (AR) 3:30 Current Events (UP) 6:00 Bible Study (LR)	6 10:15 Exercise Class (DR) 3:00 Eleanor Simons Piano (LR)	7 10:30 Morning Stretch (LR) 1:00 Errands 2:30 Fall Drive 4:15 Trivia (LR)	8 10:15 Exercise Class (DR) 3:00 Ayla Clark - Turkish Harp Music (LR)	9 10:30 Bible Study W/ David Onyon (AR) 1:30 Fall Drive 3:00 Bingo (AR) 4:15 Word Game (LR)	10 10:30 Walking Group (Hallways or Outside) 3:00 Bingo (AR)
11 3:00 Ron Banks Music (LR) 6:00 Movie (LP)	12 10:30 Morning Stretch (LR) 2:15 Bingo (AR) 3:30 Current Events (UP) 6:00 Bible Study (LR)	13 10:15 Exercise Class (DR) 3:00 Chris Petrack - Bird Presentation (LR)	14 10:30 Morning Stretch (LR) 1:00 Library Trip 2:30 Etiquette Game (LR)	15 10:15 Exercise Class (DR) 11:15 Out to Lunch 3:00 Bowling (LR)	16 10:30 Gentle Yoga (UP) 3:00 Bingo (AR) 4:15 Word Game (LR)	17 10:30 Walking Group (Hallways or Outside) 3:00 Gin Mill Bill - Guitar (LR)
18 10:30 Communion Sunday (LR) 3:00 Ted Talks and Discussion (LP)	19 10:30 Morning Stretch (LR) 2:15 Bingo (AR) 3:30 Current Events (UP) 6:00 Bible Study (LR)	20 10:15 Exercise Class (DR) 3:00 Hot Topics (UP)	21 10:30 Morning Stretch 1:00 Fall Drive 2:30 Craft Corner (AR) 4:15 Word Game (LR)	22 10:15 Exercise Class (DR) 4:00 Ethan Stone - Piano (LR)	23 10:30 Bible Study W/ David Onyon (AR) 3:00 Bingo (AR) 4:15 Word Game (LR)	24 10:30 Walking Group (Hallways or Outside) 3:00 Social w/Rosie the Dog
25 3:00 Laura Bacon - West River Rail Road History Presentation (LR) 6:00 Movie (LP)	26 10:30 Morning Stretch (LR) 2:15 Bingo (AR) 3:30 Current Events (UP) 6:00 Bible Study (LR)	27 10:15 Exercise Class (DR) 3:00 Life Stories (AR)	28 10:00 Sunny Lane Kids Visit (LR) 11:00 Morning Stretch 3:00 Cathy Martin on Piano (LR)	29 10:15 Exercise Class (DR) 2:30 Picking out costumes and making mask for Halloween Party (AR)	30 10:30 Gentle Yoga (UP) 3:00 Halloween Party (LR)	31 <i>Halloween</i> 10:30 Walking Group (Hallways or Outside) 3:00 Bingo 