

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Starbucks Coffee & Chats In House Bowling No Bake Cookies 7:00 Hallmark Movie	<b>2</b> Walk the Neighborhood Book Club Trivial Pursuit Bingo  <small>Simchat Torah</small>	<b>3</b> Tai Chi in the Park*** Arm Chair Travel "Ethiopia" Groom the Dogs	<b>4</b> Stretching Sing Along with Gretchen Quilting Group Evening Movie & popcorn	<b>5</b> Yoga DVD Laughter the Best Medicine Complete the Phrase	<b>6</b> Stretching No Bake Cookies 2:00 Entertainment with Don V Manicures
<b>7</b> 9:00 Catholic Mass Ch 3 11:00 Protestant Church Service Ch 221 Devotions With Nancy Word Games Sit and Stretch	<b>8</b> Clement Park*** "Little People's Landing" Visits  <small>Columbus Day (US) Thanksgiving Day (Canada)</small>	<b>9</b> You Tube Exercise with Beverly Art Expressions Board Games Word Games	<b>10</b> Exercise 10:00 Mall Trip** Ice Cream Social Card Games 7:00 Hallmark Movie	<b>11</b> Bean Bag Toss 10:00 Bowling Outing Quilts for the homeless Netflix: The Rock	<b>12</b> Stretching Book Group Word Games Crossword Puzzles Remember Your First Date	<b>13</b> Stretching 10:00 "Walk in the Park" Ice Cream Social Laughter – The Best Medicine
<b>14</b> 9:00 Catholic Mass Ch 3 11:00 Protestant Church Service Ch 221 Devotions With Nancy Word Games	<b>15</b> Bean Bag Toss Car Trivia UNO Begins with "J" Shell Peanuts	<b>16</b> Stretching Make Peanut Brittle Trip to Library Visits from Preschoolers	<b>17</b> Exercise 10:00 Trip to Walmart Trivia Name that Tune	<b>18</b> Stretching 10:00 Hudson Gardens Root Beer Floats Netflix: Gardening Documentary	<b>19</b> Balloon Volleyball Poker Quilting Group Make Sand Candles Remember When	<b>20</b> Exercise 10:00 Classic Car Show at O'Kane Park Movie: TBD
<b>21</b> 9:00 Catholic Mass Ch 3 11:00 Protestant Church Service Ch 221 Devotions With Nancy Word Games Sit & Stretch	<b>22</b> Exercise Watercolor Painting 11:30 Out for lunch Word Games	<b>23</b> Stretching Make Home Made Ice Cream Entertainment: Don V	<b>24</b> Walks & Talks Art Expressions Card Games Music and Memories with Troy	<b>25</b> Mad Libs Words that begin with the letter "H" Make Cherry Cheese Cake Bites	<b>26</b> Chair Volleyball 10:00 Scenic Bus Ride "I Spy" Scrabble Happy Hour	<b>27</b> Walk the Block Manicures Memories in the Making at Carol Burnett DVD
<b>28</b> 9:00 Catholic Mass Ch 3 11:00 Protestant Church Service Ch 221 Devotions With Nancy Word Games Volleyball	<b>29</b> Exercise Make Decorations for Halloween Party Trip to Elivis Cinemas	<b>30</b> Walk the Block Fill Candy Bags Bingo **Walmart Trip Movie: TBD	<b>Happy Halloween 31</b> Exercise Visits from the Preschool Halloween Party Halloween Movies <small>Halloween</small>	 <p><b>OCTOBER 2018</b> Lighthouse Assisted Living, Inc 720-344-7217 <a href="http://www.lighthouseassistedliving.com">www.lighthouseassistedliving.com</a></p>		

\*\*\*\*Specific times are not designated to allow for flexibility and creativity\*\*\*\* \*\*Activities May Be Subject to Change\*\*\*\*