

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2026

					9:00 AM- Fitness Class (W) 10:00 AM- Stretch (CG) 10:45 AM- Balloon Volleyball (W) 1:00 PM- Tai Chi* (W) 2:00 PM- Pins & Needles (CP) 3:00 PM- Bingo (W) 6:30 PM- 9-Ball League (CP)	9:00 AM- Water Aerobics (P) 10:00 AM- Stretch (CG) 11:00 AM- Chair Yoga (W) 1:00 PM- Mahjong (CP) 2:00 PM- Movie Matinee (W)	9:15 AM- Fitness Class w/ Jason (W) 10:00 AM- Trivial Pursuit (ILDR)
3:00 PM- Mexican Train Dominoes (CG) 6:00 PM- Christian Conversations (W)	4 9:00 AM- Water Aerobics (P) 10:00 AM- Stretch (CG) 11:00 AM- Chair Yoga (W) 1:00 PM- Canasta (CP) 2:00 PM- Town Hall Meeting (ILDR) 3:00 PM- Coloring Club (ILDR) 4:00 PM- BYOB Social (CP)	5 9:00 AM- Fitness Class (W) 9:45 AM- Bookmobile (FD) 10:00 AM- Stretch (CG) 10:45 AM- The Great Courses (W) 2:00 PM- Book Club (CP) 3:00 PM- Cornhole (W)	6 9:00 AM- Fitness Class (W) 9:45 AM- Bookmobile (FD) 10:00 AM- Stretch (CG) 10:45 AM- The Great Courses (W) 2:00 PM- Book Club (CP) 3:00 PM- Cornhole (W)	7 9:00 AM- Water Aerobics (P) 10:00 AM- Morning Brew (CG) 11:00 AM- Chair Pilates (W) 1:00 PM- Communion/Rosary (CP) 1:30 PM- Massages w/ Esther* (CG) 2:00 PM- Manicures* (CP) 7:00 PM- Talent Show Presented by Jessica Byrce (W)	8 9:00 AM- Fitness Class (W) 10:00 AM- Stretch (CG) 11:00 AM- FOX Hunt (W) 1:00 PM- Tai Chi* (W) 1:00 PM- Outing: Kroul Farms* (FD) 6:30 PM- 9-Ball League (CP) Happy Birthday Margaret Wilmeth!	9 9:00 AM- Water Aerobics (P) 10:00 AM- Stretch (CG) 11:00 AM- Chair Yoga (W) 1:00 PM- Mahjong (CP) 1-3 PM- Flu & Covid Vaccines* (CG) 2:00 PM- Movie Matinee (W)	10 9:15 AM- Fitness Class w/ Jason (W) 10:00 AM- Trivial Pursuit (ILDR) 2:00 PM- Saturdays at Melrose (W) Happy Birthday Lorraine Dorfman!
3:00 PM- Mexican Train Dominoes (CG) 6:00 PM- Christian Conversations (W)	11 9:00 AM- Water Aerobics (P) 10:00 AM- Stretch (CG) 11:00 AM- Chair Yoga (W) 1:00 PM- Canasta (CP) 3:00 PM- Coloring Club (ILDR) 4:00 PM- BYOB Social (CP)	12 9:00 AM- Water Aerobics (P) 10:00 AM- Stretch (CG) 11:00 AM- Chair Yoga (W) 1:00 PM- Canasta (CP) 3:00 PM- Coloring Club (ILDR) 4:00 PM- BYOB Social (CP)	13 9:00 AM- Fitness Class (W) 9:45 AM- Bookmobile (FD) 10:00 AM- Stretch (CG) 10:45 AM- The Great Courses (W) 1-4 PM- Blackjack* (CG)	14 9:00 AM- Water Aerobics (P) 10:00 AM- Morning Brew (CG) 11:00 AM- Music & Movement (W) 1:00 PM- Communion/Rosary (CP) 2:00 PM- Pumpkin Painting* (W)	15 IOWA ASSITED LIVING ASSOATION CONFERENCE NO ACTIVITIES 1:00 PM- Tai Chi* (W) 2:00 PM- Pins & Needles (CP) 6:30 PM- 9-Ball League (CP)	16 9:00 AM- Water Aerobics (P) 10:00 AM- Stretch (CG) 11:00 AM- Chair Yoga (W) 1:00 PM- Canasta (CP) 1:00 PM- Foot Clinic w/Dr.Kukla* (CG) 2:00 PM- Movie Matinee (W) 7:30 PM- Piano Performance (ILDR)	17 9:15 AM- Fitness Class w/ Jason (W) 10:00 AM- Trivial Pursuit (ILDR)
3:00 PM- Mexican Train Dominoes (CG) 6:00 PM- Christian Conversations (W)	18 9:00 AM- Water Aerobics (P) 10:00 AM- Stretch (CG) 11:00 AM- Chair Yoga (W) 1:00 PM- Canasta (CP) 3:00 PM- Coloring Club (ILDR) 4:00 PM- BYOB Social (CP)	19 9:00 AM- Water Aerobics (P) 10:00 AM- Stretch (CG) 11:00 AM- Chair Yoga (W) 1:00 PM- Canasta (CP) 3:00 PM- Coloring Club (ILDR) 4:00 PM- BYOB Social (CP)	20 9:00 AM- Fitness Class (W) 9:45 AM- Bookmobile (FD) 10:00 AM- Stretch (CG) 10:45 AM- The Great Courses (W) 1-3 PM- Ticket Store (AG) Happy Birthday Fern Parish!	21 9:00 AM- Drumming Fit* (W) 10:00 AM- Morning Brew (CG) 11:00 AM- Drumming Fit* (W) 1:00 PM- Communion/Rosary (CP) 1:30 PM- Massages w/ Esther* (CG) 3:00 PM- Travelogue: Czech Republic (W)	22 9:00 AM- Fitness Class (W) 10:00 AM- Stretch (CG) 11:00 AM- Halloween Kitchen Creations* (CG) 1:00 PM- Tai Chi* (W) 3:00 PM- Bean Bag Baseball (W) 6:30 PM- 9-Ball League (CP)	23 9:00 AM- Water Aerobics (P) 10:00 AM- Stretch (CG) 11:00 AM- Chair Yoga (W) 1:00 PM- Mahjong (CP) 2:00 PM- Movie Matinee (W)	24 9:15 AM- Fitness Class w/ Jason (W) 10:00 AM- Trivial Pursuit (ILDR) 1:30 PM- Farfield High School Choir (W)
3:00 PM- Mexican Train Dominoes (CG) 6:00 PM- Christian Conversations (W)	25 9:00 AM- Water Aerobics (P) 10:00 AM- Stretch (CG) 11:00 AM- Chair Yoga (W) 1:00 PM- Canasta (CP) 3:00 PM- Coloring Club (ILDR) 4:00 PM- BYOB Social (CP)	26 9:00 AM- Water Aerobics (P) 10:00 AM- Stretch (CG) 11:00 AM- Chair Yoga (W) 1:00 PM- Canasta (CP) 3:00 PM- Coloring Club (ILDR) 4:00 PM- BYOB Social (CP)	27 9:00 AM- Fitness Class (W) 9:45 AM- Bookmobile (FD) 10:00 AM- Stretch (CG) 10:45 AM- The Great Courses (W) 2:00 PM- St. Mary's Mass (CP) 3:00 PM- Bingo (W)	28 9:00 AM- Water Aerobics (P) 10:00 AM- Morning Brew (CG) 11:00 AM- Music & Movement (W) 1:00 PM- Communion/Rosary (CP) 2:00 PM- Birthday Party (ILDR) 2:30 PM- Sing-along w/ Colleen (ILDR) Happy Birthday Suzanne Frank!	29 9:00 AM- Fitness Class (W) 10:00 AM- Stretch (CG) 11:00 AM Lunch Bunch: Butter & Jam Cafe* (FD) 1:00 PM- Tai Chi* (W) 3:00 PM- Jeopardy Trivia (W) 6:30 PM- 9-Ball League (CP)	30 9:00 AM- Water Aerobics (P) 10:00 AM- Stretch (CG) 11:00 AM- Chair Yoga (W) 1:00 PM- Mahjong (CP) 3:00 PM- Happy Hour (W)	31 9:15 AM- Fitness Class w/ Jason (W) 10:00 AM- Trivial Pursuit (ILDR)

Halloween

Codes: P= Pool | IL= Independent Dining Room | W= Wellness Center | AG= Art Gallery | CG= Common Ground | CP= Corner Pocket | ALD= Assisted Living Drive | CY= Courtyard | FD= Front Drive