

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00 Chair Yoga 11:00 A9 Chinese 2:00 Tenant/Food Council (Fitness) 3:00 BINGO	2 10:00 Grow Young Fitness 2:00 Happy Hour: Beer, Nuts & Spoons Card Game (D)	3 Simchat Torah Begins
4 10:00 Grow Young Fitness 10:30 Manicures(D) 3:00 BINGO	5 10:00 Grow Young Fitness 10:30 Manicures(D) 3:00 BINGO	6 9:15 Men's Coffee Group w/ Alex 10:00 Millennium Therapy 2:00 Craft: Fall Trees (U) 3:00 Linda McCann Book Talk (D)	7 10:00 Exercise with Judy/Linda 1:00 Walmart (Grinnell) 3:30 Farkle (U)	8 10:00 Chair Yoga 11:00 Lunch: Silver Dollar 3:00 BINGO w/ Iowa River Hospice	9 10:00 Grow Young Fitness 2:00 Happy Hour: Show & Tell/ Anna's Trip Photos (D)	10
11 <u>Door Decorating Begins</u>	12 10:00 Grow Young Fitness 10:30 Manicures(D) 3:00 BINGO Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	13 10:00 Millennium Therapy 2:00 Craft: Puzzled Pumpkins (U) 3:00 Balloon Volleyball (U)	14 10:00 Exercise with Judy/Linda 1:00 Trip: Appleberry Farm	15 9:30 Trip: Otter Creek- Fishing 10:00 Chair Yoga 2:00 I Love Lucy Day & Strawberry Shortcake (D) 3:00 BINGO	16 10:00 Grow Young Fitness 2:00 Happy Hour: Pink Squirrel's & Crazy 8 Card Game (D)	17
18 1:00 Methodist Church Service	19 10:00 Grow Young Fitness 10:30 Manicures(D) 1:00 Trip: Casino 3:00 BINGO	20 9:15 Men's Coffee Group w/ Alex 10:00 Millennium Therapy 2:00 Music: Midnight Riders(D)	21 10:00 Exercise with Judy/Linda 1:00 Trip: New Marshalltown Mall 3:30 Farkle (U)	22 10:00 Chair Yoga 1:00 Trip: The Clothes Closet 3:00 BINGO	23 10:00 Grow Young Fitness 2:00 Caramel Apple Drink w/ Betsy (D)	24 4:00-6:00 Tama Trick or Treat Trail (STC High School)
25 1:00 Presbyterian Church Service	26 10:00 Grow Young Fitness 10:30 Manicures(D) 1:30 Trip: Ice Cream (Murph's) & Country Ride 3:00 Halloween BINGO	27 10:00 Millennium Therapy 2:00 Craft: Planter Pumpkin (U) 3:00 Balloon Volleyball (U)	28 10:00 Exercise with Judy/Linda 2:00 Tenant Council 3:00-4:00 Halloween Party w/ Staff-Painting/Carving Pumpkins! (D)	29 10:00 Chair Yoga 11:00 Lunch: Maid Rite 2:00 Door Decorating Judging! 3:00 BINGO	30 10:00 Grow Young Fitness 2:00 Decorating Halloween Cupcakes & Mummy Races (D) Door Winner Announced (Lunch)	31 5:00-7:00 Trick or Treat Night (Kids, Candy, Mystery Box & More!) Halloween

KEY: (U- Upstairs) (D- Downstairs) (T- Trip) *All activities are subject to change due to circumstances or weather conditions*