

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<h1>Happy October</h1>	9:00 Speed Social 1 9:30 Exercise with Kate 10:30 Welcome October 10:30 Fall Colors Drive 1:15 Shopping Big Lots 1:20 Black Jack Game 2:00 Memory Tones 3:00 Exercise with Junko 4:00 Cocktails with Jennifer	9:00 News & Comments 2 9:30 Tai Chi Exercise 10:30 Communion 10:30 Brain Games 1:30 Flower Arranging 2:00 Food Meeting 2:15 Volley Ball Competition 3:00 Matt from the Shedd 4:00 Fast Round Trivia <small>Simchat Torah</small>	9:30 Exercise with Kate 3 10:30 Oregon History w/Mel 11:15 Walk with Jaylene 1:00 Nickel Bingo 2:00 John on Guitar 3:00 Exercise with Junko 4:00 Octoberfest Party 4:30 Octoberfest Food Celebrate Octoberfest!	9:00 News of The Building 4 9:30 Tai Chi Exercise 10:30 Brain Games 1:30 Resident Meeting 2:15 Learn Square Dance 3:30 Stu's Musical Perform 4:30 Special Dinner 6:00 Bingo with Paul	9:00 Make a Friend 5 9:30 Exercise with Kate 9:30 Trip to Florence 10:00 Rummikub Game 10:30 Baking Fall Treats 1:30 Google Part 4 2:00 Have Treats 3:00 Exercise with Junko 4:00 Cocktail Social	9:00 Meet Your Neighbor 6 9:30 Tai Chi Exercise 10:30 Bible Study w/Jack 10:30 Fun Fall Puzzles 1:15 Church Service 2:15 Fall Favorites 3:00 Nickel Bingo 4:00 Stepping Out
----------------------------	--	--	--	---	--	---

9:00 Start the Week Right 7 9:30 Stretch Exercise 10:00 Craft with Christina 10:45 Game Time w/Friends 1:30 Sheldon Park Store 1:30 Wii Game 2:15 Sunday Social 3:00 Nickel Bingo 4:00 YouTube Funnies	9:00 Speed Social 8 9:30 Exercise with Kate 10:30 October Baking 10:30 Drive Penn Road 1:20 Black Jack Game 2:00 Learn Square Dance 2:30 Fall Refreshment 3:00 Exercise with Junko 4:00 Cocktails with Jennifer <small>Columbus Day (US) Thanksgiving Day (Canada)</small>	9:00 News & Comments 9 9:30 Tai Chi Exercise 10:30 Communion 10:30 Brain Games 1:30 Flower Arranging 2:00 Readers Theater 3:00 Matt from the Shedd 4:00 Fast Round Trivia	9:30 Exercise with Kate 10 10:30 Oregon History w/Mel 11:15 Walk with Jaylene 1:00 Nickel Bingo 1:15 Trip to Monroe 2:00 Gary on Keyboard 3:00 Exercise with Junko 4:00 Wine Wednesday	9:00 News of The Building 11 9:30 Tai Chi Exercise 10:30 Brain Games 1:30 Activity Meeting 2:15 Learn Square Dance 3:00 John on Piano 3:30 Let's Play Poker 6:00 Bingo with Paul	9:00 Make a Friend 12 9:30 Exercise with Kate 10:00 Rummikub Game 10:30 Baking with Jennifer 10:30 Shopping Trader Joes 1:15 Trip to Apple Orchard 1:30 Google Part 5 2:15 Apple Butter Day 3:00 Exercise with Junko 4:00 Cocktail Social	9:00 Meet Your Neighbor 13 9:30 Tai Chi Exercise 10:30 Bible Study w/Jack 10:30 Fun Fall Puzzles 1:15 Church Service 2:15 Fall Favorites 3:00 Nickel Bingo 4:00 Stepping Out
---	--	---	--	--	---	--

9:00 Start the Week Right 14 9:30 Stretch Exercise 10:00 Craft with Christina 10:45 Game Time w/Friends 1:30 Sheldon Park Store 1:30 Wii Game 2:15 Special Treat 3:00 Nickel Bingo 4:00 YouTube Funnies	9:00 Speed Social 15 9:30 Exercise with Kate 10:30 October Cooking 10:30 Mt. Tom 1:20 Black Jack Game 2:00 Learn Square Dance 2:30 Fall Refreshment 3:00 Exercise with Junko 4:00 Cocktails with Jennifer	9:00 News & Comments 16 9:30 Tai Chi Exercise 10:30 Communion 10:30 Brain Games 1:30 Flower Arranging 2:15 Chili Cook Off 3:00 Matt from the Shedd 4:00 Fast Round Trivia Fall Harvest Day	9:30 Exercise with Kate 17 10:30 Oregon History w/Mel 11:15 Walk with Jaylene 1:00 Nickel Bingo 2:15 Science with Jaylene 3:00 Exercise with Junko 4:00 Western Beverage 4:30 Western Dinner	9:00 News of The Building 18 9:30 Tai Chi Exercise 10:30 Brain Games 11:00 Holly's Jewelry 1:30 Meet & Greet 2:15 Square Dance Practice 2:30 Hearing Aid Checks 3:00 Special Entertainment 3:30 Let's Play Poker 5:30 Western Dance	9:00 Make a Friend 19 9:30 Exercise with Kate 10:00 Rummikub Game 10:30 Baking with Jennifer 10:30 Country Bakery Trip 1:15 Linn County Museum 2:15 Western Play 3:00 Exercise with Junko 4:00 Cocktail Social	9:00 Meet Your Neighbor 20 9:30 Tai Chi Exercise 10:30 Bible Study w/Jack 10:30 Fun Fall Puzzles 1:15 Church Service 2:15 Fall Favorites 3:00 Nickel Bingo 4:00 Stepping Out
--	--	---	--	---	---	--

9:00 Start the Week Right 21 9:30 Stretch Exercise 10:00 Craft with Christina 10:45 Game Time w/Friends 1:30 Sheldon Park Store 1:30 Wii Game 2:15 Sunday Social 3:00 Nickel Bingo 4:00 YouTube Funnies	9:00 Speed Social 22 9:30 Exercise with Kate 10:30 October Baking 10:30 Drive to Alpine 1:15 Shopping ST. Vincent 1:20 Black Jack Game 2:00 Treasure Hunt 2:30 Fall Refreshment 3:00 Exercise with Junko 4:00 Cocktails with Jennifer	9:00 News & Comments 23 9:30 Tai Chi Exercise 10:30 Communion 10:30 Brain Games 1:30 Flower Arranging 2:15 Toothbrush Tuesday 3:00 Matt from the Shedd 4:00 Fast Round Trivia	9:30 Exercise with Kate 24 10:30 Oregon History w/Mel 11:15 Walk with Jaylene 1:00 Nickel Bingo 2:15 Science with Jaylene 3:00 Exercise with Junko 4:00 Oregon Wines 4:30 Oregon Dinner	9:00 News of The Building 25 9:30 Tai Chi Exercise 10:30 Brain Games 1:30 Meet & Greet 2:15 Kitting & Crocheting 3:00 Talk about Polio 3:30 Let's Play Poker 6:00 Bingo with Paul	9:00 Make a Friend 26 9:30 Exercise with Kate 10:00 Rummikub Game 10:30 Baking with Jennifer 10:30 Tour Cottage Grove 1:15 Mystery Drive 1:30 Trick or Treat Bags 2:15 Pumpkin Day 3:00 Exercise with Junko 4:00 Cocktail Social	9:00 Meet Your Neighbor 27 9:30 Tai Chi Exercise 10:30 Bible Study w/Jack 10:30 Fun Fall Puzzles 1:15 Church Service 2:15 Fall Favorites 3:00 Nickel Bingo 4:00 Stepping Out
--	---	---	---	---	--	--

9:00 Start the Week Right 28 9:30 Stretch Exercise 10:00 Craft with Christina 10:45 Game Time w/Friends 1:30 Sheldon Park Store 1:30 Wii Game 2:15 Sunday Social 3:00 Nickel Bingo 4:00 YouTube Funnies	9:00 Speed Social 29 9:30 Exercise with Kate 10:30 October Cooking 10:30 Drive Deerhorn Rd 1:15 Shopping Dollar Tree 1:20 Black Jack Game 2:00 Horse Racing Game 2:30 Fall Refreshment 3:00 Exercise with Junko 4:00 Cocktails with Jennifer	9:00 News & Comments 30 9:30 Tai Chi Exercise 10:30 Communion 10:30 Brain Games 1:30 Flower Arranging 2:15 Let's Talk with Diane 3:00 Matt from the Shedd 4:00 Fast Round Trivia	9:30 Exercise with Kate 31 10:30 Oregon History w/Mel 11:15 Walk with Jaylene 1:00 Scary Nickel Bingo 2:15 Science with Jaylene 3:00 Exercise with Junko 4:00 Trick or Treaters Costume Contest <small>Halloween</small>	<h1>October 2018</h1> <h2>Sheldon Park Assisted Living</h2>		
--	--	--	---	--	--	--

Activities are subject to change.