

# OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>*Card Club is held daily at 6:00pm in the activity room, unless another activity is listed*</p>	<p>Happy Birthday!</p> <p>10/4 Berniece K.</p> <p>10/25 Kathleen R.</p>		<p>10:00 The Morning Gathering <sup>1</sup> 11:15 Walking Club</p> <p>1:30 Garden Gathering &amp; Flower Removal w/ Jack-O-Lantern Floats 3:15 Bingo 4:00 SingFit!</p>	<p>10:00 The Morning Gathering <sup>2</sup> 11:15 Spiro Sit &amp; Stretch</p> <p>2:00 Bible Study 2:15 Heritage House Calls 3:00 Fall Farmer's Market</p>	<p>10:00 The Morning Gathering <sup>3</sup> 11:00 Chair Yoga w/Barb 11:00 Catholic Communion</p> <p>2:00 All About Oktoberfest 3:15 Bingo</p>	<p>10:00 Coffee &amp; Chronicles <sup>4</sup></p> <p>1:30 Weekend Watch Party and Popcorn Social</p> <p>Activity Sheets always available in the activity room</p>
<p>10:15 Church w/Messiah Lutheran <sup>5</sup></p> <p>1:00 Weekend Wind-Down 3:00 History Hour in The Activity Room</p>	<p>10:00 The Morning Gathering <sup>6</sup> 11:15 Spiro Sit &amp; Stretch</p> <p>2:00 Lifelong Learning: Seeing Orange Presentation 3:00 Happy Hour: Orange Old Fashioned's 3:15 Bingo</p>	<p>10:00 The Morning Gathering <sup>7</sup> 11:15 Spiro Sit &amp; Stretch</p> <p>1:30 Monthly Shopping Outing 3:00 Heritage House Calls 4:00 Manicures!</p>	<p>10:00 The Morning Gathering <sup>8</sup> 11:15 Walking Club</p> <p>12:00 Themed Lunch 2:00 Travel Club to Salem 3:15 Bingo 4:00 Music w/Julia Huseeth</p>	<p>10:00 The Morning Gathering <sup>9</sup> 11:15 Spiro Sit &amp; Stretch</p> <p>2:00 Bible Study 2:15 Heritage House Calls 3:30 Heritage Community Cookbook Craft: Bring Your Best Family Recipes!</p>	<p>10:00 The Morning Gathering <sup>10</sup> 11:00 Chair Yoga w/Barb 11:00 Catholic Communion</p> <p>2:00 Men's Club Program 3:15 Bingo</p>	<p>10:00 Coffee &amp; Chronicles <sup>11</sup></p> <p>1:30 Weekend Watch Party and Popcorn Social 3:00 Music w/Brad Jacobson</p> <p>Activity Sheets always available in the activity room</p>
<p>10:15 Church w/Messiah Lutheran <sup>12</sup></p> <p>1:00 Weekend Wind-Down 3:00 History Hour in The Activity Room</p>	<p>10:00 The Morning Gathering <sup>13</sup> 11:15 Spiro Sit &amp; Stretch</p> <p>2:00 Who Am I? 3:00 Happy Hour: Witches Brew Sangria 3:15 Bingo</p> <p><b>Columbus Day</b></p>	<p>10:00 The Morning Gathering <sup>14</sup> 11:15 Spiro Sit &amp; Stretch</p> <p>1:30 Fall Color Drive Outing 3:30 Manicures (Hall 2) 4:00 Hospice 101 Presentation</p>	<p>10:00 The Morning Gathering <sup>15</sup> 11:15 Walking Club</p> <p>2:00 October Birthday Party 3:15 Bingo 4:00 SingFit! 7:00 Music w/Mennonite Choir</p>	<p>10:00 The Morning Gathering <sup>16</sup> 11:15 Spiro Sit &amp; Stretch</p> <p>2:00 Bible Study 2:15 Heritage House Calls 3:30 Autumn-Themed Embroidery Craft or Fall Diamond Art</p>	<p>10:00 The Morning Gathering <sup>17</sup> 11:00 Chair Yoga w/Barb</p> <p>1:00 Catholic Mass 2:00 An Eerie Edgar Allen Poe Presentation 3:15 Bingo</p>	<p>10:00 Coffee &amp; Chronicles <sup>18</sup></p> <p>1:30 Weekend Watch Party and Popcorn Social</p> <p>Activity Sheets always available in the activity room</p>
<p>10:15 Church w/Messiah Lutheran <sup>19</sup></p> <p>1:00 Weekend Wind-Down 3:00 History Hour in The Activity Room</p>	<p>10:00 The Morning Gathering <sup>20</sup> 11:15 Spiro Sit &amp; Stretch</p> <p>1:30 Resident Council 3:00 Happy Hour: Black Cat Brandy Spritz 3:15 Bingo</p>	<p>10:00 The Morning Gathering <sup>21</sup> 11:15 Spiro Sit &amp; Stretch</p> <p>1:30 Emergency Preparedness Meeting 2:00 Heritage House Calls 3:00 Manicures!</p>	<p>10:00 The Morning Gathering <sup>22</sup> 11:15 Spiro Sit &amp; Stretch</p> <p>12:00 Fine Dining Event w/Live Music 2:00 October Tea Party 3:15 Bingo 4:00 SingFit!</p>	<p>10:00 Strong Bones Exercise Program w/Aveanna <sup>23</sup></p> <p>1:30 Therapy Dog Visit w/Coda 2:00 Bible Study 2:15 Heritage House Calls 3:30 Ghost Frames</p>	<p>10:00 The Morning Gathering <sup>24</sup> 11:00 Chair Yoga w/Barb 11:00 Catholic Communion</p> <p>2:00 October Jeopardy Game 3:15 Bingo</p>	<p>10:00 Coffee &amp; Chronicles <sup>25</sup></p> <p>1:30 Weekend Watch Party and Popcorn Social</p> <p>Activity Sheets always available in the activity room</p>
<p>10:15 Church w/Messiah Lutheran <sup>26</sup></p> <p>1:00 Weekend Wind-Down 3:00 History Hour in The Activity Room</p>	<p>10:00 The Morning Gathering <sup>27</sup> 11:15 Spiro Sit &amp; Stretch</p> <p>2:00 Fall Time Sing-Along Program w/Lynne McFadyen 3:00 Happy Hour: Wicked Citrus Cocktail 3:15 Bingo</p>	<p>10:00 The Morning Gathering <sup>28</sup> (Hall 2) 11:15 Spiro Sit &amp; Stretch</p> <p>1:00 Therapy Dog Visit w/Chelsea 2:00 Housewarming Party 3:30 Manicures!</p>	<p>10:00 The Morning Gathering <sup>29</sup> 11:15 Walking Club</p> <p>2:00 Music w/Wayne Compeau 3:15 Bingo 4:00 SingFit!</p>	<p>10:00 The Morning Gathering <sup>30</sup> 11:15 Spiro Sit &amp; Stretch</p> <p>2:00 Bible Study 2:15 Heritage House Calls 2:30 Music w/Matt Wahl 3:30 Pumpkin Painting</p>	<p>10:00 The Morning Gathering <sup>31</sup> 11:00 Chair Yoga w/Barb 11:00 Catholic Communion</p> <p>1:30 Halloween Party 3:15 Halloween Themed Bingo</p> <p><b>Halloween</b></p>	

## SPECIAL EVENTS

Fall Farmer's Market 10/2 @3pm  
Fall Color Drive 10/14 @1:30pm  
Halloween Party 10/31 @1:30pm

\*All activities are subject to change when necessary. Residents' families are invited to participate in community events.