

OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Card Club is held daily at 6:00pm in the activity room unless another activity is listed		🎂 Happy Birthday 🎂 10/1 Mavis K. 10/25 Kathleen R. 10/29 Jean M.		9:00 Catholic Communion 1 10:00 The Morning Gathering 11:15 Spiro 100: Tai Chi Balance 1:30 This Week in The Garden 2:00 Bible Study (Hall 1) 2:30 Craft + Gab: Creative Choice Hour	10:00 The Morning Gathering 2 11:00 Seated Yoga Class w/Barb 2:00 October Jeopardy Game! 3:30 Bingo!	10:00 Coffee & Chronicles 3 2:30 Weekend Watch Party and Popcorn Social *Activity sheets always available in the activity room*
4 10:15 Church w/Messiah Lutheran 12:00 Packers v. Buccaneers Game 3:00 Discovery Hour: All About Apollo 11	10:00 The Morning Gathering 5 11:15 Spiro 100: Strong and Flexible 2:00 Happy Hour + Where Am I? 3:30 Bingo!	10:00 The Morning Gathering 6 11:15 Spiro 100: Parkinson's and Movement 2:00 National Dental Hygiene Month Presentation w/Oakwood Hills Family Dental 3:30 Manicures	10:00 The Morning Gathering 7 11:15 Spiro 100: Move Those Joints 1:30 Outing: The Dollar Tree 3:30 Baking Club: Homemade Apple Crisp w/Grandma Tammy 6:00 Spiro 100: Evening Wind Down Stretch	9:00 Catholic Communion 8 10:00 The Morning Gathering 11:15 Spiro 100: Flow w/Flexibility 1:30 This Week in The Garden: The End of The Season 2:00 Bible Study (Hall 1) 3:00 Heritage Fall Farmers Market w/Live Music ft. Dave Kenworthy	10:00 The Morning Gathering 9 11:00 Seated Yoga Class w/Barb 12:00 Romanian Inspired Lunch 2:00 Travel Club: Romania 3:30 Bingo!	10:00 Coffee & Chronicles 10 11:15 Spiro 100: Mindful Movement 2:00 Bingo! 3:00 Weekend Watch Party and Popcorn Social *Activity sheets always available in the activity room*
11 10:15 Church w/Messiah Lutheran 1:00 Sunday Social Club: Cover It Dice Game! 3:25 Packers v. Bears Game	10:00 The Morning Gathering 12 11:15 Spiro 100: Posture Pleasers 2:00 Happy Hour + The History of Columbus Day 3:30 Bingo! Columbus Day	10:00 The Morning Gathering 13 11:15 Spiro 100: Movement Exercises for People w/Parkinson's 2:00 Music w/Todd Bartlett 3:30 Manicures	10:00 Outing: Morning Fall Color Drive 14 11:15 Spiro 100: Joyous Movement 1 1:30 Outing: Afternoon Fall Color Drive 3:00 Popcorn + A Throwback 6:00 Evening Bingo!	9:00 Catholic Communion 15 10:00 The Morning Gathering 11:15 Spiro 100: Qigong and Tai Chi 2:00 Bible Study (Hall 1) 2:00 Men's Club: Looking Back w/Maintenance Director Shawn 3:30 Craft + Gab: Succulent Pumpkins	10:00 The Morning Gathering 16 11:00 Seated Yoga Class w/Barb 1:00 Catholic Mass (Hall 2) 2:00 October Birthday Bash! 3:30 Bingo!	10:00 Music w/Ryan Herman 17 2:30 Weekend Watch Party and Popcorn Social *Activity sheets always available in the activity room*
18 10:15 Church w/Messiah Lutheran 1:00 Sunday Social Club: Cards + Conversation 3:00 Discovery Hour: The Shopping Conspiracy 7:20 Packers v. Cowboys Game	10:00 The Morning Gathering 19 11:15 Spiro 100: Balance Boogie 1:00 November Midterm Election Voting 2:30 Happy Hour + The Origins of Common Superstitions 3:30 Bingo!	10:00 The Morning Gathering 20 (Lobby) 11:15 Spiro 100: Fighting Fatigue 1:30 October Resident Council Meeting 2:30 Believable or Batty? 3:30 Manicures	10:00 The Morning Gathering 21 11:15 Spiro 100: Leg Strength 2:00 Music w/Larry Radle 3:30 Afternoon Zumba w/Natalie 7:00 Mennonite Choir Visit	9:00 Catholic Communion 22 10:00 The Morning Gathering 11:15 Spiro 100: Chair Dance 2:00 Bible Study (Hall 1) 2:00 Lifelong Learning: The Story of Scouting 3:30 Craft + Gab: Seasonal Button Frames	10:00 The Morning Gathering 23 11:00 Seated Yoga Class w/Barb 12:00 Grandfriends Lunch Buffet w/Live Music ft. The Cathy Reitz Trio 2:00 October Tea + Gossip 3:30 Bingo!	10:00 Coffee & Chronicles 24 11:15 Spiro 100: Morning Stretch 2:00 Bingo! 3:00 Weekend Watch Party and Popcorn Social *Activity sheets always available in the activity room*
25 10:15 Church w/Messiah Lutheran 1:00 Sunday Social Club: The Price is Right: 1950's Edition 3:25 Packers v. Lions Game	10:00 The Morning Gathering 26 11:15 Spiro 100: Sports Moves to Music 2:00 Happy Hour + Halloween Word Game 3:30 Bingo! Monster Monday Dress-Up Day!	10:00 The Morning Gathering 27 11:15 Spiro 100: Seated Functional Fitness 2:00 The Legend of the Jack-o-Lantern + Other Halloween History 3:30 Manicures Tis-the-Season Tuesday Dress-Up Day!	9:30 L.E. Phillips Memorial Library Pop Up 28 10:00 The Morning Gathering 11:15 Spiro 100: Joyous Movement 2 2:00 Welcome Home Social 3:30 Haunted House Bingo! 6:00 Spiro 100: Tension Relief Wicked Wednesday Dress-Up Day!	9:00 Catholic Communion 29 10:00 Outing: Heritage's Annual Trunk or Treat at Heritage Court 2:00 Bible Study (Hall 1) 2:30 Paint-n-Sip: Halloween Canvases Packers v. Panthers Game @7:15pm Throwback Thursday Dress-Up Day!	10:00 The Morning Gathering 30 11:00 Seated Yoga Class w/Barb 2:30 Annual Halloween Party! 6:00 Slightly Spooky Evening Showing w/Hot Apple Cider Frightful Friday Dress-Up Day!	10:00 Coffee & Chronicles 31 2:30 Weekend Watch Party and Popcorn Social *Activity sheets always available in the activity room* Halloween

SPECIAL EVENTS

Canned Food Drive: October 1st-15th!

Fall Color Drive Outings: October 14th at 10:00am and 1:30pm

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