OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	OCTOBER BIRTHDAYS Kathy L. 10/2 Tom A. 10/8 Gerald P. 10/16 Delores M. 10/29	**All month long is BREAST CANCER AWARENESS MONTH** **National Book Month** **Oct. 12-17 National Healthcare food service workers week**		1 **9:30-** Coffee Social- Resident Led **10:30-** Drum Fit Thursday **1pm-** Heritage Hikers in MC **2pm-** BINGO **3pm-** Bookworm Club	2 **9:30-** Coffee Social- Resident Led **10:30-** Chair Palates **1pm-** Heritage Hikers in MC **2pm- Octoberfest Happy Hour in the PUB**	3 **9:30-** Coffee Social- Resident Led **10:30-** Chair Exercise W/ Kris **1pm-** Heritage Hikers in MC **2pm**- BINGO **3pm-**Grab a friend and play a game or two
4 **National Cinnamon Roll Day** **9:30-** Bakery Delivery **10:30-** Mass Services in AL **1pm-** Heritage Hikers in MC **2pm-** Pokeno **3pm**- Movie & Popcorn	5 **9:30-** Coffee Social- Resident Led **10:30-** Chair Exercise **1pm-** Heritage Hikers in MC **2pm-** Manicure Monday **3pm**- Finish the Phrase	6 **9:30**- Coffee Social- Resident Led **10:30-** Exercise & Balloon Volleyball **1pm-** Heritage Hikers in MC **2pm**- BINGO **3pm**- Kings Corner	7 **9:30-** Coffee Social-Resident Led **10:30-** Chair Exercise **1pm**- Heritage Hikers in MC **2pm**- Crafty Corner **3pm**- WII Bowling **3:30pm**- Praying the Rosary-Resident Run **3:30pm**- Heritage House Calls	8 **9:30-** Coffee Social- Resident Led **10:30**- Drum Fit Thursday **1pm**- Heritage Hikers in MC **2pm-** BINGO **3pm**- Hangman	9 **National Beer & Pizza Day** **9:30-** Coffee Social- Resident Led **10:30-** Chair Palates **1pm-** Heritage Hikers in MC **2pm-** Happy Hour **3pm-** Garbage	10 **9:30 -**Coffee Social- Resident Led **10:30-** Chair Exercise W/ Kris **1pm-** Heritage Hikers in MC **2pm**- BINGO **3pm-**UNO
11 **9:30-** Bakery Delivery **10:30**- Mass Services in AL **1pm**- Heritage Hikers in MC **2pm**- Pokeno **3pm**- Movie & Popcorn	12 **9:30** Coffee Social-Resident Run **10:30-** Chair Exercises **1pm**- Heritage Hikers in MC **2pm**- Manicure Monday **3pm**- UNO **3:30pm-** Heritage House Calls **Columbus Day**	13 **9:30-** Coffee Social- Resident Led **10:30-**Exercise/Balloon Volleyball **1pm**- Heritage Hikers in MC **1:30pm**- **RESIDENT COUNCIL** **2pm**- BINGO **3pm- October Birthday Party**	14 **9:30**- Coffee Social-Resident Led **10:30-** Chair Exercise **1pm**- Heritage Hikers in MC **2pm**- Crafty Corner **3pm**- WII Bowling **3:30pm**- Praying the Rosary-Resident Run **3:30pm**- Heritage House Calls	15 **I LOVE LUCY DAY** **9:30-** Coffee Social- Resident Led **10:30-** Drum Fit Thursday **1pm**- Heritage Hikers in MC **2pm-** BINGO **3pm**- I love Lucy Trivia	16 **9:30-** Coffee Social- Resident Led **10:30**- Chair Exercise/Noodle Size **1pm-** Heritage Hikers in MC **2pm-** Happy Hour in the Pub **3pm-**Spades (Come learn how to play)	17 **9:30-** Coffee Social- Resident Led **10:30-** Chair Exercise W/ Kris **1pm-** Heritage Hikers in MC **2pm**- BINGO **3pm-** Left, Right, Center
18 **9:30-** Bakery Delivery **10:30**- Mass Services in AL **1pm-** Heritage Hikers in MC **2pm-** Pokeno **3pm**- Movie & Popcorn	19 **9:30**- Coffee Social- Resident Led **10:30-** Chair Exercise **1pm**- Heritage Hikers in MC **2pm-** Manicure Monday **3pm**- Left, Right, Center **3:30pm-** Heritage House Calls	20 **9:30**- Coffee Social- Resident Led **10:30**- Exercise & Balloon Volleyball **1pm-** Heritage Hikers in MC **2pm**- BINGO **3pm**- Did you know?... Halloween Edition	21 **9:30-** Coffee Social-Resident Led **10:30-** Chair Exercise **12:00- BUS OUTING- TBD** **1pm-** Heritage Hikers in MC **3pm**- WII Bowling **3:30pm-** Praying the Rosary-Resident Run **3:30pm**- Heritage House Calls	22 **9:30**- Coffee Social- Resident Led **10:30-** Drum Fit Thursday **1pm**- Heritage Hikers in MC **2pm**- BINGO **3pm**- UNO	23 **9:30**- Coffee Social- Resident Led **10:30-** Chair Palates **1pm-** Heritage Hikers in MC **2pm-** Happy Hour in the Pub **3pm**- Hangman	24 **9:30-** Coffee Social- Resident Led **10:30**- Chair Exercise W/ Kris **1pm-** Heritage Hikers in MC **2pm**- BINGO **3pm**-Grab a friend and play a game or two
25 **9:30**- Bakery Delivery **10:30**- Mass Services in AL **1pm**- Heritage Hikers in MC **2pm**- Pokeno **3pm**- Movie & Popcorn	26 **9:30**- Coffee Social- Resident Led **10:30**- Chair Exercise **1pm**- Heritage Hikers in MC **2pm**- Manicure Monday **3pm**- Jeopardy **3:30pm-** Heritage House Calls	27 **9:30**- Coffee Social- Resident Led **10:30**- Exercise & Balloon Volleyball **1pm**- Heritage Hikers in MC **2pm-** BINGO **3pm-** Left, Right, Center	28 **9:30-** Coffee Social-Resident Led **10:30-** Chair Exercise **1pm-** Heritage Hikers in MC **2pm-** Crafty Corner **3pm**- WII Bowling **3:30pm-** Praying the Rosary-Resident Run **3:30pm**- Heritage House Calls	29 **9:30**- Coffee Social- Resident Led **10:30**- Drum Fit Thursday **1pm-** Heritage Hikers in MC **2pm**- BINGO **3pm**- Mexican Train	30 **9:30** -Coffee Social- Resident Led **10:30**- Chair Palates **1pm-** Heritage Hikers in MC **2pm**- Happy Hour in the Pub TRUNK OR TREAT 3-5pm 	31 **9:30**-Coffee Social- Resident Led **10:30**- Chair Exercise W/Kris **1pm**- Heritage Hikers in MC **2pm**- BINGO **3pm-** Halloween Movie & Treats **Halloween**

Community Life Enrichment Calendar

SPECIAL EVENTS

Resident Council Meeting- 10/13 at 1:30pm

Trunk or Treat- 10/30 from 3-5pm

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

HERITAGE SENIOR LIVING

Aspire | Lincoln Village