

October



Happenings

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 8:30-10am Continental Breakfast 1pm Movie "Andy Griffith Show"</p>	<p>2 10:30am Sit & Fit 11:30am Meditation</p>	<p>3 10:30am Tai Chi 10:30am Walk In/Out 11:30am How to Meditate 1pm Bingo</p>	<p>4 10:30am Sit & Fit 11:30am Meditation 12pm Lunch Bunch to Moosejaw Junction 4:30pm Piano Ken</p>	<p>5 Flu Clinic Today! 10:30am Tai Chi 10:30am Walk In/Out 11:30am How to Meditate</p>	<p>6 10:30am Sit & Fit 11:30am Meditation 1pm Bingo 2pm Ice Cream Social</p>	<p>7 8:30-10am Continental Breakfast</p>
<p>8 8:30-10am Continental Breakfast 1pm Movie "Feast of Love"</p>	<p>9 10:30am Sit & Fit 11:30am Meditation</p>	<p>10 10:30am Tai Chi 10:30am Walk In/Out 11:30am How to Meditate 1pm Bingo</p>	<p>11 10:30am Sit & Fit 11:30am Meditation 12:45pm Shopping 1pm Craft w/ Barb 4:30pm Piano Ken</p>	<p>12 10:30am Tai Chi 10:30am Walk In/Out 11:30am How to Meditate 1:30pm BV Reading 4:30pm Live Music!*</p>	<p>13 10:30am Sit & Fit 11:30am Meditation 1pm Bingo</p>	<p>14 8:30-10am Continental Breakfast</p>
<p>15 8:30-10am Continental Breakfast 1pm Movie "Saving Grace"</p>	<p>16 10:30am Sit & Fit 11:30am Meditation 4pm Sip & Paint</p>	<p>17 10:30am Tai Chi 10:30am Walk In/Out 11:30am How to Meditate 1pm Bingo</p>	<p>18 10:30am Sit & Fit 11:30am Meditation 12pm Lunch Bunch to Bar Harbor</p>	<p>19 10:30am Tai Chi 10:30am Walk In/Out 11:30am How to Meditate 3pm Advisacare Talk</p>	<p>20 10:30am Sit & Fit 11:30am Meditation 1pm Bingo 2pm Ice Cream Social</p> 	<p>21 8:30-10am Continental Breakfast</p>
<p>22 8:30-10am Continental Breakfast 1pm Movie "War Horse"</p>	<p>23 10:30am Sit & Fit 11:30am Meditation</p>	<p>24 10:30am Tai Chi 10:30am Walk In/Out 11:30am How to Meditate 1pm Bingo 4:30pm Piano Ken 5:30 pm Chili Cook-off</p>	<p>25 10:30am Sit & Fit 11:30am Meditation 12:45pm Shopping</p>	<p>26 10:30am Tai Chi 10:30am Walk In/Out 11:30am How to Meditate 1:30pm BV Reading 2pm Hearing Clinic</p>	<p>27 10:30am Sit & Fit 11:30am Meditation 12pm Polish Kitchen 1pm Bingo</p>	<p>28 8:30-10am Continental Breakfast</p>
<p>29 8:30-10am Continental Breakfast 1pm Movie "The Tailor of Panama"</p>	<p>30 10:30am Sit & Fit 11:30am Meditation</p>	<p>31 10:30am Tai Chi 10:30am Walk In/Out 11:30am How to Meditate 1pm Bingo 3:30pm Trick or Treat 4:30pm Piano Ken</p>		<p>Thursdays– 11am Chapel @ The Birches</p>	<p>*Oct 12th—4:30pm Sunshine String Band</p>	<p>Wellness Center Card Room Dining Room Terrace Level Outing Boardroom LL</p>