

OCTOBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A Abbey AC Activity Center (above Bistro) ART Art Gallery B Bistro	CDR Canterbury Dining Room CH Chapel JLR Jefferson Living Room MLR Madison Living Room	P Pub WR Westport Room 109 Apt. 109 Madison * Sign up at reception desk				
		1 10:00 Strength & Balance AC 11:00 Church History CH 11:15 Resident Connections AC 1-2 Blood Pressure Check 109 1:30 Arthritis Exercise AC 2:30 Alterations A	2 10:00 Stretch AC 10:30 Grocery Store Trip * 1:00 Tai Chi AC 1:00 Ping Pong WR 6:30 Bus Departs for Spirituality and All That Jazz *	3 10:00 Strength & Balance AC 1:30 Arthritis Exercise AC 2-4 CC Bank MLR 2:00 Life Enrichment Committee P 2:30 Dining Committee A 3:00 Speaker Series Barry Grissom WR	4 10:00 Stretch AC 10-1 BSP Resident Service Fair CDR 2:00 Movie Classic with Robert Butler Breaker Morant WR	5 9:30 Grocery Store Trip * 11:00 Rosary CH 7:00 Movie JLR Ping-Pong open play WR ❖
6 10:00 Holy Eucharist CH 11-1 Brunch CDR 1:00 Blessing of the Animals Bishop's Garden 3:00 Movie JLR Ping-Pong open play WR ❖	7 9:30 Tai Chi AC 10:30 Stretch AC 12:00 Lunch & Bridge Mixer CDR * 1:00 Art Class John Keeling AC * 1:30 Dollar Tree Trip * 4:30 Men's Club A	8 9:30 Catholic Mass CH 10:00 Strength & Balance AC 1-2 Blood Pressure Check 109 1:30 Arthritis Exercise AC 3:30 Resident Council A	9 Yom Kippur 10:00 Stretch AC 10:30 Grocery Store Trip * 1:00 Tai Chi AC 1:00 Ping Pong WR	10 10:00 Strength & Balance AC 1:30 Arthritis Exercise AC 2-4 CC Bank MLR 1:15 Bus Departs for Grace & Holy Trinity Cathedral docent-led tour *	11 10:00 Stretch AC 1:30 Chair Volleyball WR 3:00 Opus 76 Second of Four Beethoven Concerts MLR	12 9:30 Grocery Store Trip * 11-12 Library Dedication WR 11:00 Rosary CH 7:00 Movie JLR Ping-Pong open play WR ❖
13 10:00 Holy Eucharist CH 11-1 Brunch CDR 3:00 Movie JLR Ping-Pong open play WR ❖	14 Columbus Day Indigenous Peoples' Day 9:30 Tai Chi AC 10:30 Stretch AC 11:30 Lunch & Learn Take My Course, Please! WR * 1:00 Open Art AC 3:00 Art Blocks Donna H WR 4:30 Ladies' Club P	15 10:00 Strength & Balance AC 11:00 Church History CH 1-2 Blood Pressure Check 109 1:30 Arthritis Exercise AC 3:00 Guitarist Bráulio Bosi CH	16 10:00 Stretch AC 10:30 Grocery Store Trip * 11:00 Café Hope CH 1:00 Tai Chi AC 1:00 Ping Pong WR 3:00 Po Head and Alix Li Piano Duo MLR	17 10:00 Strength & Balance AC 1:30 Arthritis Exercise AC 2-4 CC Bank MLR 3:00 Speaker Series Jerry Wiley WR	18 10:00 Stretch AC 3:00 Candace Evans Duo MLR	19 9:30 Grocery Store Trip * 11:00 Rosary CH 7:00 Movie JLR Ping-Pong open play WR ❖
20 10:00 Holy Eucharist CH 11-1 Brunch CDR 3:00 Movie JLR Ping-Pong open play WR ❖	21 9:30 Tai Chi AC 10:30 Stretch AC 1:00 Open Art AC 1:30 Walmart Trip * 3:30 Town Hall Meeting Dr. Melinda Estes WR	22 9:30 Catholic Mass CH 10:00 Strength & Balance AC 11:00 Church History CH 1-2 Blood Pressure Check 109 1:30 Arthritis Exercise AC 3:00 Speaker Series Kathleen Sebelius WR	23 10:00 Stretch AC 10:30 Grocery Store Trip * 1:00 Tai Chi AC 1:00 Ping Pong WR 3:00 Goldenberg Duo MLR	24 10:00 Strength & Balance AC 1:30 Arthritis Exercise AC 2-4 CC Bank MLR 2:45 Bus Departs to Library *	25 8:30-11:30 Rockhurst Balance Workshop WR * 10:00 Stretch AC 1:30 Chair Volleyball WR 4:30 Cocktail Hour Dan Sturdevant MLR	26 9:30 Grocery Store Trip * 11:00 Rosary CH 7:00 Movie JLR Ping-Pong open play WR ❖
27 10:00 Holy Eucharist CH 11-1 Brunch CDR 3:00 Movie JLR Ping-Pong open play WR ❖	28 9:30 Tai Chi CH 10:30 Stretch AC 10:30 Women's Coffee B 1:00 Open Art AC 2:00 Garden Committee A 3:00 Good Book Reading Group CH	29 10:00 Strength & Balance AC 11:00 Church History CH 1-2 Blood Pressure Check 109 1:30 Arthritis Exercise AC 3:00 Speaker Series Craig Burnett WR	30 10:00 Stretch AC 10:30 Grocery Store Trip * 1:00 Tai Chi AC 1:00 Movie Classic with Robert Butler The Island of Lost Souls WR 3:00 The Great Courses WR	31 Halloween 10:00 Strength & Balance AC 1:30 Arthritis Exercise AC 2-4 CC Bank MLR 2:30 Community Halloween Party MLR	❖ see Clark A. for Saturday and Sunday Ping-Pong times	