

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center"><b>Respecting the Environment</b></p> <p>Environmental wellness is defined as living a lifestyle that is respectful of our surroundings. This encourages us to take action to protect the earth and live in harmony with it. Environmental well-being suggests interaction with nature and our own personal environments. We can obtain a strong environmental consciousness by raising our awareness.</p> <p>It is important to respect all nature and the species sharing our environment. Some suggestions toward environmental consciousness focus primarily on conservation. Here are some suggestions to get you started:</p> <ul style="list-style-type: none"> <li>-Conserve Energy: Turn out unused lights and help heat and cooling temperatures moderate.</li> <li>-Recycle: Recycle paper, metal and plastics when possible.</li> <li>-Volunteer: Find an environmental organization near you or start something small.</li> <li>-Identify Natural Resources: Be aware and understand our Earth's natural resources.</li> <li>-Spend Time Outdoors: Bask in the beauty of nature.</li> </ul>				<p><b>1</b></p> <p><b>9:30 (ML)</b> RL Walking Group</p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (BAL)</b> Balcony Fishing</p> <p><b>10:30 (T)</b> D. Jeremiah</p> <p><b>1:30 - 2:00</b> MagMart</p> <p><b>2:00 (T)</b> <b>The Twilight Zone</b></p> <p><b>2:15 (DR)</b> Bingo</p> <p><b>3:00 (DR)</b> Hymn Sing</p> <p><b>4:00 - 4:30 (T)</b> Thirsty Thurs. Trivia</p> <p><b>7:00 (T)</b> Movie</p>	<p><b>2</b></p> <p><b>9:30 (ML)</b> RL Walking Group</p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (ML)</b> Giant Kerplunk</p> <p><b>1:00 (FSR)</b> Kings in the Corner</p> <p><b>2:00 (BR)</b> <b>Food for Thought</b></p> <p><b>2:30 (T)</b> Documentary</p> <p><b>3:00 (DR)</b> Bingo</p> <p><b>4:00 - 4:30 (FSR)</b> Group Crossword</p> <p><b>7:00 (T)</b> Movie w/ Popcorn</p>	<p><b>3</b></p> <p><b>9:15 (ML)</b> <b>Walk to End Alz</b></p> <p><b>10:00 (FSR)</b> Saturday Stretches</p> <p><b>10:30 (L)</b> Book Club</p> <p><b>1:00 (2SE)</b> Euchre</p> <p><b>2:00 (T)</b> Documentary</p> <p><b>2:15 (DR)</b> Bingo</p> <p><b>3:00 (LV2)</b> Apple Cider Social</p> <p><b>4:00 (T)</b> STA5G</p> <p><b>7:00 (T)</b> Movie</p>
<p><b>4</b></p> <p><b>9:30 (FSR)</b> Sunday Stretches</p> <p><b>10:30 (FSR)</b> Bible Study w/ Jim C</p> <p><b>11:00 (FSR)</b> LHB Online Service</p> <p><b>1:00 (RK)</b> Snack &amp; Chat</p> <p><b>1:30 - 2:00</b> MagMart</p> <p><b>2:00 (T)</b> Documentary</p> <p><b>2:15 (DR)</b> Bingo</p> <p><b>3:00 (FSR)</b> Seated Volleyball</p> <p><b>4:00 (FSR)</b> Chain Reaction</p> <p><b>7:00 (T)</b> Movie</p>	<p><b>5</b></p> <p><b>9:30 (ML)</b> RL Walking Group</p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (T)</b> LHB Bible Study</p> <p><b>10:30 (S)</b> Pretty Nails</p> <p><b>1:00 (FSR)</b> RL Uno</p> <p><b>1:30 (ML)</b> Hill Billy Golf</p> <p><b>2:00 (T)</b> Documentary</p> <p><b>2:15 (DR)</b> Bingo</p> <p><b>3:00 (FSR)</b> Black Jack</p> <p><b>4:00 - 4:30 (FSR)</b> Spelling Bee</p> <p><b>7:00 (T)</b> Movie w/ Popcorn</p>	<p><b>6</b></p> <p><b>9:30 (ML)</b> RL Walking Group</p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (FSR)</b> Crafts</p> <p><b>1:30 (T)</b> <b>St. Marks Rosary</b></p> <p><b>2:00 (T)</b> <b>The Twilight Zone</b></p> <p><b>2:15 (DR)</b> Bingo</p> <p><b>3:00 - 4:00</b> Hot Cocoa Cart</p> <p><b>4:00 - 4:30 (FSR)</b> Jeopardy</p> <p><b>7:00 (T)</b> Movie</p>	<p><b>7</b></p> <p><b>9:30 (ML)</b> RL Walking Group</p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (FSR)</b> Triominos</p> <p><b>1:00 (2SE)</b> Euchre</p> <p><b>1:30 (T)</b> <b>Sing-A-Long</b></p> <p><b>2:00 (DR)</b> <b>Music w/ Philip D.</b></p> <p><b>2:15 (T)</b> Documentary</p> <p><b>3:00 (BP)</b> Bingo</p> <p><b>3:00 (T)</b> Dr Brent Bible Study</p> <p><b>4:00 - 4:30 (FSR)</b> Wheel of Fortune</p> <p><b>7:00 (T)</b> Movie w/ Popcorn</p>	<p><b>8</b></p> <p><b>9:30 (ML)</b> RL Walking Group</p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (BAL)</b> Balcony Fishing</p> <p><b>10:30 (T)</b> D. Jeremiah</p> <p><b>1:30 - 2:00</b> MagMart</p> <p><b>2:00 (T)</b> <b>The Twilight Zone</b></p> <p><b>2:15 (DR)</b> Bingo</p> <p><b>3:00 (DR)</b> Hymn Sing</p> <p><b>4:00 - 4:30 (T)</b> Thirsty Thurs. Trivia</p> <p><b>7:00 (T)</b> Movie</p>	<p><b>9</b></p> <p><b>9:30 (ML)</b> RL Walking Group</p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (L)</b> Book Club</p> <p><b>1:00 (FSR)</b> Kings in the Corner</p> <p><b>2:00 (T)</b> Documentary</p> <p><b>2:15 (DR)</b> Bingo</p> <p><b>3:00 (O)</b> <b>Scenic Drive</b></p> <p><b>4:00 - 4:30 (FSR)</b> Group Crossword</p> <p><b>7:00 (T)</b> Movie w/ Popcorn</p>	<p><b>10</b></p> <p><b>9:30 (ML)</b> RL Walking Group</p> <p><b>10:00 (FSR)</b> Saturday Stretches</p> <p><b>10:30 (T)</b> Wii Bowling</p> <p><b>1:30 (FSR)</b> Who am I?</p> <p><b>2:00 (T)</b> Documentary</p> <p><b>2:15 (DR)</b> Bingo</p> <p><b>3:00 (LV2)</b> Apple Cider Social</p> <p><b>4:00 (T)</b> STA5G</p> <p><b>7:00 (T)</b> Movie</p>
<p><b>11</b></p> <p><b>9:30 (FSR)</b> Sunday Stretches</p> <p><b>10:00 (RK)</b> <b>Orn. for Alz</b></p> <p><b>10:30 (FSR)</b> Bible Study w/ Jim C</p> <p><b>11:00 (FSR)</b> LHB Online Service</p> <p><b>1:00 (RK)</b> S'mores &amp; Chat</p> <p><b>1:30 - 2:00</b> MagMart</p> <p><b>2:00 (T)</b> Documentary</p> <p><b>2:15 (DR)</b> Bingo</p> <p><b>3:00 (FSR)</b> Seated Volleyball</p> <p><b>4:00 (FSR)</b> Chain Reaction</p> <p><b>7:00 (T)</b> Movie</p>	<p><b>12</b></p> <p><b>9:30 (ML)</b> RL Walking Group</p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (S)</b> Pretty Nails</p> <p><b>1:00 (2SE)</b> Euchre</p> <p><b>1:30 (ML)</b> Corn Hole</p> <p><b>2:00 (T)</b> <b>C. Columbus Docu.</b></p> <p><b>2:15 (DR)</b> Bingo</p> <p><b>3:00 (BR)</b> <b>Columbus Cocktail</b></p> <p><b>4:00 - 4:30 (FSR)</b> Spelling Bee</p> <p><b>7:00 (T)</b> Movie w/ Popcorn</p>	<p><b>13</b></p> <p><b>9:30 (ML)</b> RL Walking Group</p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 - 11:00 (FSR)</b> Crafts</p> <p><b>1:30 (T)</b> <b>St. Marks Rosary</b></p> <p><b>2:00 (T)</b> <b>The Twilight Zone</b></p> <p><b>2:15 (DR)</b> Bingo</p> <p><b>3:00 (FSR)</b> Phase 10</p> <p><b>3:00 (T)</b> <b>St Jude Mass</b></p> <p><b>4:00 - 4:30 (FSR)</b> Jeopardy</p> <p><b>7:00 (T)</b> Movie</p>	<p><b>14</b></p> <p><b>9:30 (ML)</b> RL Walking Group</p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (FSR)</b> Triominos</p> <p><b>1:30 (ML)</b> Live Action Bowling</p> <p><b>2:00 (T)</b> Documentary</p> <p><b>2:15 (DR)</b> Bingo</p> <p><b>3:00 (BR)</b> Cocktail of the Day</p> <p><b>3:00 (T)</b> Dr. Brent Bible Study</p> <p><b>4:00 - 4:30 (FSR)</b> Wheel of Fortune</p> <p><b>7:00 (T)</b> Movie w/ Popcorn</p>	<p><b>15</b></p> <p><b>9:30 (ML)</b> RL Walking Group</p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (BAL)</b> Balcony Fishing</p> <p><b>10:30 (T)</b> D. Jeremiah</p> <p><b>1:30 - 2:00</b> MagMart</p> <p><b>2:00 (T)</b> <b>The Twilight Zone</b></p> <p><b>2:15 (DR)</b> Bingo</p> <p><b>3:00 (T)</b> <b>Grief Counseling</b></p> <p><b>3:00 (FSR)</b> Uno</p> <p><b>4:00 - 4:30 (T)</b> Thirsty Thurs. Trivia</p> <p><b>7:00 (T)</b> Movie</p>	<p><b>16</b></p> <p><b>9:30 (ML)</b> RL Walking Group</p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (ML)</b> Giant Kerplunk</p> <p><b>1:00 (FSR)</b> Kings in the Corner</p> <p><b>2:00 (T)</b> Documentary</p> <p><b>2:15 (DR)</b> Bingo</p> <p><b>3:00 (DR)</b> <b>Music: Dog Dna</b></p> <p><b>4:00 - 4:30 (FSR)</b> Group Crossword</p> <p><b>7:00 (T)</b> Movie w/ Popcorn</p>	<p><b>17</b></p> <p><b>9:30 (ML)</b> RL Walking Group</p> <p><b>10:00 (FSR)</b> Saturday Stretches</p> <p><b>10:30 (L)</b> Book Club</p> <p><b>1:00 (FSR)</b> Euchre</p> <p><b>2:00 (T)</b> Documentary</p> <p><b>2:15 (DR)</b> Bingo</p> <p><b>3:00 (LV2)</b> Apple Cider Social</p> <p><b>4:00 (T)</b> STA5G</p> <p><b>7:00 (T)</b> Movie</p>

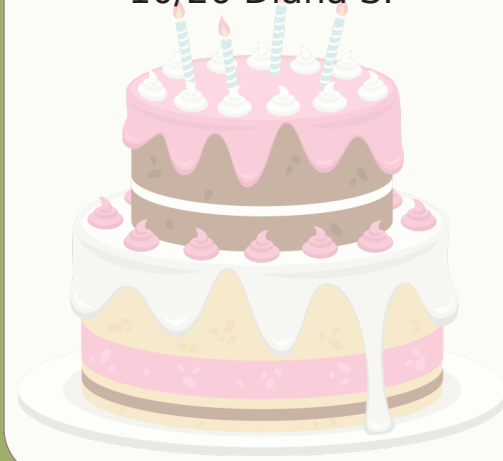
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>18</b> <b>9:30 (FSR)</b> Sunday Stretches <b>10:30 (FSR)</b> Bible Study w/ Jim C <b>11:00 (FSR)</b> LHB Online Service <b>1:00 (RK)</b> Snack & Chat <b>1:30 - 2:00</b> MagMart <b>2:00 (T)</b> Documentary <b>2:15 (DR)</b> Bingo <b>3:00 (FSR)</b> Seated Volleyball <b>4:00 (FSR)</b> Chain Reaction <b>7:00 (T)</b> Movie	<b>19</b> <b>9:30 (ML)</b> RL Walking Group <b>10:00 (FSR)</b> Exercise <b>10:30 (T)</b> LHB Bible Study <b>10:30 (S)</b> Pretty Nails <b>1:00 (FSR)</b> RL Uno <b>1:30 (ML)</b> Hill Billy Golf <b>2:00 (T)</b> Documentary <b>2:15 (DR)</b> Bingo <b>3:00 (FSR)</b> Black Jack <b>4:00 - 4:30 (FSR)</b> Spelling Bee <b>7:00 (T)</b> Movie w/ Popcorn	<b>20</b> <b>9:30 (ML)</b> RL Walking Group <b>10:00 (FSR)</b> Exercise <b>10:30 - 11:00 (FSR)</b> Crafts <b>1:00 (FSR)</b> Wedding Workshop <b>1:30 (T)</b> <b>St. Marks Rosary</b> <b>2:00 (T)</b> <b>The Twilight Zone</b> <b>2:15 (DR)</b> Bingo <b>3:00 - 4:00 (FSR)</b> <b>Pet Costume Show</b> <b>4:00 - 4:30 (FSR)</b> Jeopardy <b>7:00 (T)</b> Movie	<b>21</b> <b>9:30 (ML)</b> RL Walking Group <b>10:00 (FSR)</b> Exercise <b>10:30 (FSR)</b> Triominos <b>1:00 (2SE)</b> Euchre <b>1:30 (T)</b> <b>Sing-A-Long</b> <b>2:00 (T)</b> Documentary <b>2:15 (DR)</b> Bingo <b>3:00 (BP)</b> Cocktail of the Day <b>3:00 (T)</b> Dr. Brent Bible Study <b>4:00 - 4:30 (FSR)</b> Wheel of Fortune <b>7:00 (T)</b> Movie w/ Popcorn	<b>22</b> <b>9:30 (ML)</b> RL Walking Group <b>10:00 (FSR)</b> Exercise <b>10:30 (BAL)</b> Balcony Fishing <b>10:30 (T)</b> D. Jeremiah <b>1:30 - 2:00</b> MagMart <b>2:00 (DR)</b> <b>Piano w/ Denny</b> <b>2:00 (T)</b> <b>The Twilight Zone</b> <b>3:00 (DR)</b> Bingo <b>4:00 - 4:30 (T)</b> Thirsty Thurs. Trivia <b>7:00 (T)</b> Movie	<b>23</b> <b>9:30 (ML)</b> RL Walking Group <b>10:00 (FSR)</b> Exercise <b>10:30 (L)</b> Book Club <b>1:00 (FSR)</b> Kings in the Corner <b>2:00 (T)</b> Documentary <b>2:15 (DR)</b> Bingo <b>3:00 (O)</b> <b>Scenic Drive</b> <b>4:00 - 4:30 (FSR)</b> Group Crossword <b>7:00 (T)</b> Movie w/ Popcorn	<b>24</b> <b>9:30 (ML)</b> RL Walking Group <b>10:00 (FSR)</b> Saturday Stretches <b>10:30 (HC)</b> <b>HearClear</b> <b>10:30 (T)</b> Wii Bowling <b>1:30 (2SE)</b> Who Am I? <b>2:00 (T)</b> Documentary <b>2:15 (DR)</b> Bingo <b>3:00 (LV2)</b> Apple Cider Social <b>4:00 (T)</b> STA5G <b>7:00 (T)</b> Movie
<b>25</b> <b>9:30 (FSR)</b> Sunday Stretches <b>10:00 (RK)</b> <b>Orn. for Alz</b> <b>10:30 (FSR)</b> Bible Study w/ Jim C <b>11:00 (FSR)</b> LHB Online Service <b>1:00 (RK)</b> S'mores & Chat <b>1:30 - 2:00</b> MagMart <b>2:00 (T)</b> Documentary <b>2:15 (DR)</b> Bingo <b>3:00 (FSR)</b> Seated Volleyball <b>4:00 (FSR)</b> Chain Reaction <b>7:00 (T)</b> Movie	<b>26</b> <b>9:30 (ML)</b> RL Walking Group <b>10:00 (FSR)</b> Exercise <b>10:30 (S)</b> Pretty Nails <b>1:00 (2SE)</b> Euchre <b>1:30 (ML)</b> <b>Pumpkin Toss</b> <b>2:00 (T)</b> Documentary <b>2:15 (DR)</b> Bingo <b>3:00 (FSR)</b> Black Jack <b>4:00 - 4:30 (FSR)</b> Spelling Bee <b>7:00 (T)</b> Movie w/ Popcorn	<b>27</b> <b>9:30 (ML)</b> RL Walking Group <b>10:00 (FSR)</b> Exercise <b>10:30 - 11:00 (FSR)</b> Crafts <b>1:30 (T)</b> <b>St. Marks Rosary</b> <b>2:00 (T)</b> <b>The Twilight Zone</b> <b>2:15 (DR)</b> Bingo <b>3:00 (FSR)</b> Phase 10 <b>4:00 - 4:30 (FSR)</b> Jeopardy <b>7:00 (T)</b> Movie	<b>28</b> <b>9:30 (ML)</b> RL Walking Group <b>10:00 (FSR)</b> Exercise <b>10:30 (FSR)</b> Triominos <b>1:30 (ML)</b> <b>Mummy Bowling</b> <b>2:00 (T)</b> Documentary <b>2:15 (DR)</b> Bingo <b>3:00 (BP)</b> Cocktail of the Day <b>3:00 (T)</b> Dr. Brent Bible Study <b>4:00 - 4:30 (FSR)</b> Wheel of Fortune <b>7:00 (T)</b> Movie w/ Popcorn	<b>29</b> <b>9:30 (ML)</b> RL Walking Group <b>10:00 (FSR)</b> Exercise <b>10:30 (BAL)</b> Balcony Fishing <b>10:30 (T)</b> D. Jeremiah <b>1:30 - 2:00</b> MagMart <b>2:00 (T)</b> <b>The Twilight Zone</b> <b>2:15 (DR)</b> Bingo <b>3:00 (DR)</b> Hymn Sing <b>4:00 - 4:30 (T)</b> Thirsty Thurs. Trivia <b>7:00 (T)</b> Movie	<b>30</b> <b>9:30 (ML)</b> RL Walking Group <b>10:00 (FSR)</b> Exercise <b>10:30 (ML)</b> Giant Kerplunk <b>11:00 - 1:30 (DR)</b> <b>Costume Parade</b> <b>1:00 (FSR)</b> Kings in the Corner <b>2:00 (T)</b> Documentary <b>2:15 (DR)</b> Bingo <b>3:00 (FSR)</b> Tea Time <b>4:00 - 4:30 (FSR)</b> Group Crossword <b>7:00 (T)</b> Movie w/ Popcorn	<b>31</b> <b>9:30 (ML)</b> RL Walking Group <b>10:00 (FSR)</b> Saturday Stretches <b>10:30 (L)</b> Book Club <b>1:00 (RK)</b> <b>Spooky Snacks</b> <b>1:45 (T)</b> <b>Monster Movie</b> <b>2:00 (DR)</b> <b>Halloween Party</b> <b>3:00 (DR)</b> <b>Music: S. Elston</b> <b>4:00 (T)</b> STA5G <b>7:00 (T)</b> Movie

### MONTHLY HIGHLIGHT

1	The Twilight Zone	20	The Twilight Zone
2	Food for Thought	20	Pet Costume
3	Walk to End Alz	21	Sing-A-Long
6	St. Marks Rosary	22	Piano w/ Denny
6	The Twilight Zone	22	The Twilight Zone
7	Sing-A-Long	23	Scenic Drive
7	Music w/ Philip D.	24	HearClear
8	The Twilight Zone	25	Orn. for Alz
9	Scenic Drive	26	Pumpkin Toss
11	Orn. for Alz	27	St. Marks Rosary
12	C. Columbus	27	The Twilight Zone
12	Columbus Cock-	28	Mummy Bowling
13	St. Marks Rosary	29	The Twilight Zone
13	The Twilight Zone	30	Costume Parade
13	St Jude Mass	31	Spooky Snacks
15	The Twilight Zone	31	Monster Movie
15	Grief Counseling	31	Halloween Party
16	Music: Dog Dna	31	Music: S. Elston
20	St. Marks Rosary		

### HAPPY BIRTHDAY!

10/3 Shirley A.  
 10/6 Amy S.  
 10/7 Mildred D.  
 10/18 Julia L.  
 10/18 Evelyn K.  
 10/20 Isabel D.  
 10/26 Diana S.



### ACTIVITY KEY

<b>S</b> 1st Floor Sunroom	<b>FSR</b> Four Seasons Room
<b>LV2</b> 2nd Floor Living Room	<b>HC</b> Health Club
<b>2SE</b> 2nd Floor Sunroom East	<b>L</b> Library
<b>50D</b> 50's Diner	<b>LV1</b> Living Room 1st Floor
<b>BP</b> Back Patio	<b>ML</b> Main Lobby
<b>BAL</b> Balcony	<b>MW</b> Memory Way
<b>BR</b> BAR	<b>O</b> Outing
<b>BIS</b> Bistro	<b>PDR</b> Private Dining Room
<b>BC</b> Business Center	<b>RK</b> Resident Kitchen
<b>DR</b> Dining Room	<b>SC</b> Spiritual Center
	<b>T</b> Theatre

