

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# October 2021

						<p>1 11:15 Exercise (L) 2:00 Quarter Bingo (L) 3:30 Walking Group (GR) 4:00 Daily Dose Packet (L)</p>	<p>2 *Weekend Packet (available for pick up in the Lounge) 10:00 Stretch Class Video (E) 2:00 Movie Matinee: 'The Intern' (GR) <b>HAPPY BIRTHDAY MICHELE MACKENTHUN!</b></p>
<p>3 2:00 Weekend Western: 'Chino' (GR)</p>	<p>4 11:15 Exercise (L) 2:00 Quarter Pokeno (L) 3:00 Walking Group (GR) 4:00 Daily Dose Packet (L)</p>	<p>5 <u>8:30-12:30 Flu Shots (GR)</u> 9:30 Devotions (L) <b>*10:15 Shop Coborn's</b> 11:15 Exercise (L) <b>*1:30 Arboretum Trip</b> 3:00 Cards &amp; Games (L) 4:00 Daily Dose Packet (L)</p>	<p>6 10:30 Outdoor Live Music By Allen Carlson (GR/Patio) <b>2:00 Prize Bingo (L)</b> 3:30 Walking Group (GR) 4:00 Daily Dose Packet (L)</p>	<p>7 9:15 Headlines (L) 11:15 Exercise (L) 2:00-3:00 Manicures (L) 3:00 Happy Hour (L) 4:00 Daily Dose Packet (L)</p>	<p>8 11:15 Exercise (L) 2:00 Quarter Bingo (L) 3:30 Walking Group (GR) 4:00 Daily Dose Packet (L) <b>HAPPY BIRTHDAY GARY EDER!</b></p>	<p>9 *Weekend Packet (available for pick up in the Lounge) 10:00 Stretch Class Video (E) 2:00 Movie Matinee: 'Mr. Hollands Opus' (GR)</p>	
<p>10 2:00 Weekend Western: 'Blue Steel' (GR)</p>	<p>11 11:15 Exercise (L) 1:30 St. John's Bible Study (C) 2:00 Quarter Pokeno (L) 2:30 Men's Group (GR) 3:30 Walking Group (GR) 4:00 Daily Dose Packet (L) <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)</small></p>	<p>12 9:30 Devotions (L) 10:00 Ridgewater Students 1:1 (Lounge &amp; Sign up in advance) 11:15 Exercise (L) <b>*1:30 Shop Coborn's</b> 3:00 Cards &amp; Games (L) 4:00 Daily Dose Packet (L) <b>HAPPY BIRTHDAY JIM MILLER!</b></p>	<p>13 11:15 Exercise (L) 1:30 Resident Dining Meeting (L) 2:00 Prize Bingo (L) 3:30 Walking Group (GR) 4:00 Daily Dose Packet (L)</p>	<p>14 <del>---OCTOBERFEST---</del> 9:15 Headlines (L) 10:30 Outdoor Live Music By Jim's Brewer's Polka Band (GR/Patio) 1:30 First Lutheran Church Service (L) 3:00 Happy Hour (L) 4:00 Daily Dose Packet (L)</p>	<p>15 11:15 Exercise (L) 1:15 Manicures (L) 2:00 Quarter Bingo (L) 3:30 Walking Group (GR) 4:00 Daily Dose Packet (L) <b>HAPPY BIRTHDAY ISLAM BARRERA-COLIN!</b></p>	<p>16 *Weekend Packet (available for pick up in the Lounge) 10:00 Stretch Class Video (E) 2:00 Movie Matinee: 'Heaven is for Real' (GR)</p>	
<p>17 11:00 Armchair Travel 'Denmark' (L) 2:00 Grocery Bingo (L)</p>	<p>18 10:30 Tech Time (L) 11:15 Exercise (L) 1:30 St. John's Bible Study (C) 2:00 Quarter Pokeno (L) 3:30 Walking Group (GR) 4:00 Daily Dose Packet (L) <b>HAPPY BIRTHDAY RENAE PETERSEN!</b></p>	<p>19 9:30 Devotions (L) 10:30 Chocolate Tasting (L) 11:15 Exercise (L) <b>*1:30 Shop Walmart</b> 3:00 Cards &amp; Games (L) 4:00 Daily Dose Packet (L)</p>	<p>20 11:15 Exercise (L) <u>1:15 Walking Group (GR)</u> 2:00 Prize Bingo (L) 3:15 October Birthday Celebration (L) 4:00 Daily Dose Packet (L)</p>	<p>21 9:15 Headlines (L) 11:15 Exercise (L) 2:00-3:00 Manicures (L) 3:00 Happy Hour (L) 4:00 Daily Dose Packet (L)</p>	<p>22 10:00 Hymn Sing w/ Nancy (L) 11:15 Exercise (L) 2:00 Quarter Bingo (L) 3:30 Walking Group (GR) 4:00 Daily Dose Packet (L)</p>	<p>23 *Weekend Packet (available for pick up in the Lounge) 10:00 Stretch Class Video (E) 2:00 Movie Matinee: 'October Sky' (GR) <b>HAPPY BIRTHDAY DORIS WORM!</b></p>	
<p>24 2:00 Community Worship Service w/ Pr. Niebuhr (L) 3:00 Cookie Social (Coffee Shop)</p>	<p>25 10:30 Fall Craft (L) 11:15 Exercise (L) 1:30 St. John's Bible Study (C) 2:00 Quarter Pokeno (L) 3:30 Walking Group (GR) 4:00 Daily Dose Packet (L)</p>	<p>26 9:30 Devotions (L) <b>*10:15 Shop Coborn's</b> 11:15 Exercise (L) <b>*1:30 Little Six Casino</b> 3:00 Cards &amp; Games (L) 4:00 Daily Dose Packet (L)</p>	<p>27 (NO WALKING GROUP) 9-12 Ridgewater Student Health Fair (Common Areas) 11:15 Exercise (L) 2:00 Resident Meeting (L) 2:30 Resident Council (L) 3:00 Prize Bingo (L) 4:00 Daily Dose Packet (L)</p>	<p>28 <u>Turn in Decorated Pumpkins to Sara(s)</u> 9:15 Headlines (L) 11:15 Exercise (L) 2:00-3:00 Manicures (L) 3:00 Murder Mystery Happy Hour (L) 4:00 Daily Dose Packet (L)</p>	<p>29 10:30 Trick &amp; Treat Staff Costume Parade &amp; Pumpkin Contest (L) 11:15 Exercise (L) 2:00 Quarter Bingo (L) 3:30 Walking Group (GR) 4:00 Daily Dose Packet (L)</p>	<p>30 *Weekend Packet (available for pick up in the Lounge) 10:00 Stretch Class Video (E) 2:00 Movie Matinee: 'The Upside' (GR)</p>	
<p>31 2:00 Community Worship Service w/ Pr. Arndt (L) 3:00 Cookie Social (Coffee Shop)</p> <p>Halloween</p>	 <p style="text-align: center;"><b>GRAND MEADOWS SENIOR LIVING ACTIVITY CALENDAR</b></p>						

\*ACTIVITIES ARE SUBJECT TO CHANGE.