

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 "Day of Rest" 11am Coffee & Convers 1:30pm Church Services Methodist Church Grinnell	2 Breakfast- 9:30am Morning Stroll 11am Coffee & Conversation Lunch – 1pm Sing Along Supper - Poems	3 Breakfast – 9:30am Coffee and Colors Lunch – Walk & Talk Supper – Relax & Reminisce	4 Breakfast- 9:30am Morning Stroll 11am Coffee & Conversation Lunch – 1pm Sing Along Supper – Poems & Coloring	5 Breakfast – Manicures Lunch – Moving Party Supper – Relax & Music	6 Breakfast – 8:30 Chair Exercises Lunch – 2pm Snack Time & Socialize Supper- Americas Funniest Videos	7 Morning Walks Afternoon Cards Group 7pm Lawrence Welk Show (Televised) <small>Simchat Torah Begins</small>
8 "Day of Rest" Worship Services Televised 11am Coffee & Convers	9 Breakfast- 9:30am Morning Stroll 11am Coffee & Conversation Lunch – 1pm Sing Along Supper - Poems <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)</small>	10 Breakfast – 9:30am Coffee and Colors Lunch – Walk & Talk Supper – Relax & Reminisce	11 Breakfast- 9:30am Morning Stroll 11am Coffee & Conversation Lunch – 1pm Sing Along Supper – Poems & Coloring	12 Breakfast – Manicures Lunch – Moving Party Supper – Relax & Music	13 Breakfast – 8:30 Chair Exercises Lunch – 2pm Snack Time & Socialize Supper- Americas Funniest Videos	14 Morning Walks Afternoon Cards Group 7pm Lawrence Welk Show (Televised)
15 "Day of Rest" Worship Services Televised 11am Coffee & Convers	16 Breakfast- 9:30am Morning Stroll 11am Coffee & Conversation Lunch – 1pm Sing Along Supper - Poems	17 Breakfast – 9:30am Coffee and Colors Lunch – Walk & Talk Supper – Relax & Reminisce	18 Breakfast- 9:30am Morning Stroll 11am Coffee & Conversation Lunch – 1pm Sing Along Supper – Poems & Coloring	19 Breakfast – Manicures Lunch – Moving Party Supper – Relax & Music	20 Breakfast – 8:30 Chair Exercises Lunch – 2pm Snack Time & Socialize Supper- Americas Funniest Videos	21 Morning Walks Afternoon Cards Group 7pm Lawrence Welk Show (Televised)
22 "Day of Rest" Worship Services Televised 11am Coffee & Convers	23 Breakfast- 9:30am Morning Stroll 11am Coffee & Conversation Lunch – 1pm Sing Along Supper - Poems	24 Breakfast – 9:30am Coffee and Colors Lunch – Walk & Talk Supper – Relax & Reminisce	25 Breakfast- 9:30am Morning Stroll 11am Coffee & Conversation Lunch – 1pm Sing Along Supper – Poems & Coloring	26 Breakfast – Manicures Lunch – Moving Party Supper – Relax & Music	27 Breakfast – 8:30 Chair Exercises Lunch – 2pm Snack Time & Socialize Supper- Americas Funniest Videos	28 Morning Walks Afternoon Cards Group 7pm Lawrence Welk Show (Televised)
29 "Day of Rest" Worship Services Televised 11am Coffee & Convers	30 Breakfast- 9:30am Morning Stroll 11am Coffee & Conversation Lunch – 1pm Sing Along Supper - Poems	31 Breakfast – 9:30am Coffee and Colors Lunch – Walk & Talk Supper – Relax & Reminisce <small>Halloween</small>	<h1>October 2023</h1>			