

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:00 EnerG Exercises(O) 1:00 Exercises (64) 6:30 Relaxation Ex.(64)	11:00 Exercise (64) 6:30 Relaxation(64)
10:00 Worship(C) 6:30 Relaxation(64) Walk with Aegis week	10:00 EnerG Exercises(O) 1030 Baking(CT) 1:00 Exercises (64) 2:30 Pokeno(W) Cinnamon Roll Day	10:30 Pilates(CT) 1:00 Exercises (64) 2:00 Games: Family Fued(O) 6:30 Bingo (CT)	10:00 Worship 10:30 Active games(CT) Walk with Aegis Activity 1:00 Exercises (64) 1:30 Coffee-Chats(GSA) 2:00 Bible Study(C)	10:30 Kickboxing (CT) 1:00 Exercises (64) 1:30 Rosary(C) 2:00 Mass (C) 2:00 Open Craft hr GSA 6:30 Bingo (O)	10:00 EnerG Exercises(O) 1:00 Exercises (64) 2:00 Crafts/Teddy Bears (CT) 6:30 Relaxation Ex.(64)	11:00 Exercise (64) 6:30 Relaxation(64)
11:00 Exercise (64) 6:30 Relaxation(64)	10:00 EnerG Exercises(O) 10:30 Make Caramel Corn (CT) 1:00 Exercises (64) 2:30 Pokeno(O) <small>Columbus Day (US)</small>	10:30 Pilates(CT) 1:00 Exercises (64) 2:00 Games/Yatzee (CT) 6:30 Bingo (CT)	10:00 Worship 10:30 Active games(CT) 1:30 Coffee-Chats(GSA) The Navy's Birthday 2:00 Bible Study(C)	1:00 Exercises (64) 1:30 Rosary(C) 2:00 Mass (C) 6:30 Bingo (O)	10:00 EnerG Exercises(O) 1:00 Exercises (64) 2:00 Finish Teddy bear Craft (GSA) 6:30 Relaxation Ex.(64)	11:00 Exercise (64) 6:30 Relaxation(64)
11:00 Exercise (64) 6:30 Relaxation(64)	10:00 EnerG Exercises(O) 1:00 Exercises (64) 2:30 Pokeno(CT) Guady outfit day!! Wear something Guady today	10:30 Pilates(CT) 1:00 Exercises (64) National Chili Day! 6:30 Bingo (CT)	10:00 Worship 10:30 Active games(CT) 1:00 Exercises (64) 1:30 Coffee-Chats(GSA) 2:00 Bible Study(C)	10:30 Kickboxing (CT) 1:00 Exercises (64) 1:30 Rosary(C) 2:00 Mass (C) 2:30 WRITERS GROUP-O 6:30 Bingo (O)	10:00 EnerG Exercises(O) 1:00 Exercises (64) 6:30 Relaxation(64)	11:00 Exercise (64) 6:30 Relaxation(64)
11:00 Exercise (64) 6:30 Relaxation(64)	10 EnerG Exercises(O) Finish Teddy Bears(GSA) 1:00 Exercises (64) 2:30 Pokeno(GSA) National Pasta Day! Teddy Bear day!	10:30 Pilates(CT) 1:00 Exercises (64) 2:00 National Pumpkin day/Activities(O) 6:30 Bingo (CT)	10:00 Worship 10:30 Active games(CT) 1:00 Exercises (64) 1:30 Coffee-Chats(GSA) 2:00 Bible Study(C)	10:30 Kickboxing (CT) 1:00 Exercises (64) 1:30 Rosary(C) 2:00 Mass (C) 2:00 Open Craft hr GSA 6:30 Bingo (O)	10:00 EnerG Exercises(O) 1:00 Exercises 6:30 Relaxation(64)	11:00 Exercise (64) 6:30 Relaxation(64)
11:00 Exercise (64) 6:30 Relaxation(64)	Decorate your Apartment door for fall/halloween! Best dressed door wins a prize. Judging to take place on the 25th. 25th: National Take your Teddy Bear to work day!!					

Halloween