

October 2025

Good Shepherd Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			9:00 Walking Club -CT 9:45 Shut the Box --GSA 10:30 Chair Cardio - CT 1:30 Food Committee - O 2:00 Yoga -CT 2:00 Bible Study - C 3:00 Jeopardy -CT Yom Kippur Begins	9:00 Walking Club -CT 9:45 Cards - GSA 10:30 Kickboxing - CT 1:30 Mocktails and Mingle - O 2:00 Pokeno - O	10:00 EnerG Exercises - O 10:30 Ladder Ball -- W 10:30 Bean Bags -- GSA 1:00 Balance Boosting -CT 2:00 Movie - Frankenstein (Karloff -1931)70 min -CT	Activity Packet - pick up a packet in the community area of the building, fill it out, and put it in the box provided by 5pm Sunday. One winner will be chosen at the end of the month from all entries received. 6:30 Bingo - GSA
5	6	7	8	9	10	11
WALK with Aegis week 10:00 Worship - C or Ch 900 11:00 Mass on Ch. 45 2:00 Cards, Coffee, & Chat - CT	TEAM SPIRIT DAY 9:00 Walking Club -CT 10:00 EnerG Exercises - O 10:30 EnerGized Eating - CT Week 5 - GRAINS 1:00 POWER POM Fitness - CT 1:30 Rosary - C 2:00 Mass - C 3:00 Tabletop Football - CT	Beach Day 9:00 Walking Club -CT 9:45 Beach Memory Game - GSA 10:30 Feeling Beachy Fitness - CT 2:00 Beachy Birthday Party - Jim Anderson -CT 6:30 Bingo - CT	Music and the Arts Day 9:00 Walking Club -CT 9:45 Halloween Ghost Craft -- GSA 10:30 Pound One Fitness Class CT 2:00 Bible Study - C 3:15 Piano Music - W	Decades Day 9:00 Walking Club-CT 9:30 Decades Trivia - GSA 10:30 Chair One Fitness - CT 1:30 Mocktails and Mingle - CT 2:00 Pokeno - Ct 3:00 Court Tennant Meeting	Campfire Adventure Day 10:00 EnerG Exercises - O 10:30 Bean Bags -- W 10:30 Ladder Ball -- GSA 1:00 Cozy Yoga - CT 2:00 Campfire Story Telling- CT	Activity Packet - pick up a packet in the community area of the building, fill it out, and put it in the box provided by 5pm Sunday. One winner will be chosen at the end of the month from all entries received. 6:30 Bingo - GSA
12	13	14	15	16	17	18
10:00 Worship - C or Ch 900 11:00 Mass on Ch. 45 1:30 Holy Cross Lutheran Church Outreach Singers (C)	9:00 Walking Club -CT 10:00 EnerG Exercises - O 10:30 EnerGized Eating - CT Week 6 -DAIRY 1:00 Power Pump - TG 1:30 Rosary - C 2:00 Mass - C Indigenous Peoples' Day Columbus Day (U.S.)	9:00 Walking Club -CT 9:45 Word Mining - GSA 10:15 Pilates -CT 2:00 Cribbage, 500, Yahtzee - CT 3:30 Oktoberfest - Tim Jarnot's Polka Band - CT 6:30 Bingo - CT	9:00 Walking Club -CT 9:45 Halloween Lantern Craft- GSA 10:30 Chair Cardio - CT 2:00 Bible Study - C 2:00 GSA Tenant Meeting- GSA 3:00 Tech 101 - W	9:00 Walking Club-CT 9:45 Cards - GSA 10:30 Kickboxing --CT 1:30 Mocktails and Mingle - GSA 2:00 Pokeno - GSA	10:00 EnerG Exercises - O 10:00 Pumpkin Decorating Contest Pick up - O 10:30 Axe-Throwing -- W 10:30 Floor Dice -- GSA 1:00 Balance Boosting - CT 2:00 Movie: Invisible Man 1933 (Claude Rains) 71minutes -CT	Activity Packet - pick up a packet in the community area of the building, fill it out, and put it in the box provided by 5pm Sunday. One winner will be chosen at the end of the month from all entries received. 6:30 Bingo - GSA
19	20	21	22	23	24	25
10:00 Worship - C or Ch 900 11:00 Mass on Ch. 45 2:00 Cards, Coffee, & Chat - Ct	9:00 Walking Club -CT 10:00 EnerG Exercises - O 10:30 EnerGized Eating -CT Week 7 - Hydration, Sodium and Sugar 1:00 Power Pump - TG 1:30 Rosary - C 2:00 Mass - C 3:00 Piano Music - W	9:00 Walking Club -CT 9:45 Brain Games - GSA 10:15 Pilates -CT 2:00 Cribbage, 500, Yahtzee -CT 3:00 Halloween Ghost Craft - CT 6:30 Bingo - CT	9:00 Walking Club -CT 9:45 Activity Planning Meeting - -CT 10:30 Chair Cardio -CT 2:00 Yoga -CT 2:00 Bible Study - C 3:00 Christmas Pageant Meeting --CT	9:00 Walking Club -CT 9:45 Cards - GSA 10:30 Kickboxing --CT 1:30 Mocktails and Mingle - W 2:00 Pokeno - W	10:00 EnerG Exercises - O 10:30 Floor Dice -- W 10:30 Axe-Throwing -- GSA 1:00 Balance Boosting - CT 2:00 Music With Nathan Neuman - CT	Activity Packet - pick up a packet in the community area of the building, fill it out, and put it in the box provided by 5pm Sunday. One winner will be chosen at the end of the month from all entries received. 6:30 Bingo - GSA
26	27	28	29	30	31	
10:00 Worship - C or Ch 900 11:00 Mass on Ch. 45 2:00 Cards, Coffee, & Chat - Ct	9:00 Walking Club -CT 10:00 EnerG Exercises - O 10:00 Pumpkin Decorating Contest Display - O 1:00 Power Pump - TG 1:30 Rosary - C 2:00 Mass - C 3:00 Piano Music - GSA	9:00 Walking Club -CT 9:45 Rummikub - GSA 10:15 Pilates -CT 2:00 Cribbage, 500, Yahtzee - CT 3:00 Book Club - O 6:30 Bingo - CT	9:00 Walking Club -CT 9:45 Halloween Word Scramble - -GSA 10:30 Chair Cardio -CT 2:00 Yoga - CT 2:00 Bible Study - C 3:00 Halloween Spelling Bee - O	9:00 Walking Club -CT 9:45 Cards - GSA 10:30 Kickboxing -CT 1:30 Mocktails and Mingle - O 2:00 Pokeno - O	10:00 EnerG Exercises - O 10:30 Trick or Treating with local children - CT 1:00 Balance Boosting -CT 2:00 Halloween Games CT 4:00 - Pumpkin Decorating Display ends - O Halloween	

CT - Court Dining Room, O - Oaks Dining Room, W - West Community Room, C - Chapel, TG - Therapy Gym in NH