October 2025

Good Shepherd Nursing Home

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 **9:30** Posture & Balance (EC) **10:00** Bible Study (EC) **2:00** **October Birthday Party!** (EC) **3:30** Rosary (T) Yom Kippur Begins	2 **9:15** Walk and Roll (EC) **10:15** *Shut The Box* Game (EC) **2:00** Volleyball (EC) **3:00** Happy Hour (EC)	3 **9:30** Morning Chats (EC) **10:00** Cardio Drumming (EC) **10:30** Dicebreakers (EC) **2:00** Bingo (EC)	4 **10:00** EnerG Exercises (EC) **10:45** Board Games (EC) **2:00** Movie Matinee: *Frankenstein (Karloff) NR, 70 minutes* (T)
5 ***WALK WITH AEGIS WEEK!*** **10:00** Worship Service (C or Ch 64) **11:00** Sunday Mass (Ch 45) **1:30** Darts (EC)	6 **SPORTS DAY!** **9:30** ***Power Pom Exercises*** (EC) **10:15** **Halloween Ghost Craft** (EC) **1:30** Rosary (C or Ch 64) **2:00** Mass (C or Ch 64) **3:00** **Sports Talk & Trivia** (EC) Sukkot Begins	7 **BEACH DAY!** **9:00** Manicures (EC) **10:45** **Beach Ball Toss & Talk** (EC) **2:00** **Beachtime Treats & Trivia** (EC) **3:00** ***Feeling Beachy*** **Wellness Class** (EC)	8 **MUSIC & ARTS DAY!** **9:30** ***Pound One Fitness*** (EC) **10:00** Bible Study (EC) **2:00** **Relaxation Art & Music with Joann** (EC) **3:30** Rosary (T)	9 **DECADES DAY!** **9:15** Walk and Roll (EC) **10:15** ***1940-1960s Trivia*** *(EC)* **2:00** ***Chair One Fitness*** (EC) **3:00** Happy Hour (EC)	10 **CAMPFIRE ADVENTURES DAY!** **9:30** ***Cozy Yoga*** (EC) **10:15** **Campfire Stories & S'more Snacks** (EC) **2:00** Bingo (EC)	11 **10:00** EnerG Exercises (EC) **10:45** Plinko (EC) **2:00** Movie Matinee: *Spooky Buddies G, 88 minutes* (T)
12 **10:00** Worship Service (C or Ch 64) **11:00** Sunday Mass (Ch 45) **1:30** ***Holy Cross Lutheran Church Outreach Singers*** (C or Ch 64)	13 **9:30** Brain/Body EnerG Exercise (EC) **10:30** Coffee & Chats (EC) **1:30** Rosary (C or Ch 64) **2:00** Mass (C or Ch 64) Indigenous Peoples' Day Columbus Day (U.S.)	14 **9:00** Manicures (EC) **10:45** HALLOWEEN Word Games (EC) **2:00 pm** **Oktoberfest Beer Tasting with Tim Jarnot Polka Band** (EC)	15 **9:30** Posture & Balance (EC) **10:00** Bible Study (EC) **2:00** **Activity Planning** (EC) **3:30** Rosary (T)	16 **9:15** Walk and Roll (EC) **10:15** **Resident Council** (EC) **2:00** *Volleyball (EC)* **3:00** Happy Hour (EC)	17 **9:30** Morning Chats (EC) **10:00** Cardio Drumming (EC) **10:30** Board Games (EC) **2:00** Bingo (EC)	18 **10:00** EnerG Exercises (EC) **10:45** Dice Games (EC) **2:00** Movie Matinee: *The Invisible Man* NR, 71 minutes(T)
19 **10:00** Worship Service (C or Ch 64) **11:00** Sunday Mass (Ch 45) **1:30** Axe Throwing (EC)	20 **9:30** Brain/Body EnerG Exercise (EC) **10:15** **Halloween Lantern Craft** (EC) **1:30** Rosary (C or Ch 64) **2:00** Mass (C or Ch 64) **3:00** Food Committee (EC)	21 **9:00** Manicures (EC) **10:45** Piano Music with Joann (EC) **2:00** **PUMKN Theme Bingo** (EC) **3:30** Bean Bag Toss (EC)	22 **9:30** Posture & Balance (EC) **10:00** Bible Study (EC) **2:00** **Travel Talk & Treat with Karin** (EC) **3:30** Rosary (T)	23 **9:15** Walk and Roll (EC) **10:15** **OCTOBER Spelling Bee** *(EC)* **2:00** Ring Toss (EC) **3:00** Happy Hour (EC)	24 **9:30** Morning Chats (EC) **10:00** Cardio Drumming (EC) **10:30** Word Puzzles (EC) **2:00** Bingo (EC)	25 **10:00** EnerG Exercises (EC) **10:45** Card Games (EC) **2:00** Movie Matinee: *The Haunted Mansion* PG,88 minutes (T)
26 **10:00** Worship Service (C or Ch 64) **11:00** Sunday Mass (Ch 45) **1:30** Bean Bag Toss (EC)	27 **9:30** Brain / Body EnerG Exercise (EC) **10:30** Coffee & Chats (EC) **1:30** Rosary (C or Ch 64) **2:00** Mass (C or Ch 64) **3:00** Wellness Jeopardy (EC)	28 **9:00** Manicures (EC) **10:45** Autumn Relaxation Art (EC) **2:00** **Christmas Pageant Planning Meeting** (EC) **3:00** EnerG Exercises (EC)	29 **9:30** Posture & Balance (EC) **10:00** Bible Study (EC) **2:00** **Fall Memories Poetry Project** (EC) **3:30** Rosary (T)	30 **9:15** Walk and Roll (EC) **10:15** ***Dracula's Dentures Homemade Halloween Snack*** *(EC)* **2:00** Volleyball (EC) **3:00** **Halloween Happy Hour** (EC)	31 **9:15** Spooky Music & Movement (EC) **10:00** **Trick-or-Treats and Games with Local Kids** (EC) **2:00** **Halloween Bingo** (EC) Halloween	

EC = Event Center, C= Chapel, T= Theater