

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>*All Activities are subject to change. Please check daily calendars for the day's activities.*</b></p>	 <p><i>Feast of St. Francis</i></p>	 <p><b>INDIGENOUS PEOPLE DAY</b></p>	 <p><b>Happy Dussehra</b></p>	 <p>المولد النبوي الشريف THE BIRTH OF PROPHET MUHAMMAD</p>	<p><b>1</b> 9:00 Balance for Life WR 10:30 Music Trivia FP 1:30 Walmart Shopping <i>Sign up at the front desk</i> 3:00 Knitting &amp; Crochet JL</p>	<p><b>2</b> 9:00 Balance for Life Video WR 10:00 Bingo BR 2:00 Afternoon Movie MR 6:30 Replaying Afternoon Movie MR</p>
<p><b>3</b> 1:00 Adult Color Time PC 2:00 Movie Documentary MR</p>	<p><b>4</b> <i>Feast of St Francis of Assisi, Child Health Day, Frances Xavier Cabrini Day</i> 9:00 Balance for Life Video WR 1:30 Bingo BR 3:30 Topic of the Day: "Kanelbullens Dag" JL</p>	<p><b>5</b> 9:00 Balance for Life Video WR 3:00 "Pumpkin Magnets" BR 6:30 Tuesday Night Movie JL</p>	<p><b>6</b> 9:00 Balance for Life Video WR 10:00 Food Committee WR 10:30 Riddle Me This... JL 1:00 Color Time PC</p>	<p><b>7</b> 9:00 Balance for Life Video WR 10:00 Bingo BR 2:00 Live Music with Hugh Plumliegh DR</p>	<p><b>8</b> 9:00 Balance for Life Video WR 2:00 Cookies &amp; Conversation "Thorn Minatare Rooms" BR 3:00 Knitting &amp; Crochet JL</p>	<p><b>9</b> <i>Leif Erikson Day</i> 9:00 Balance for Life WR 10:00 Bingo BR 2:00 Afternoon Movie MR 3:00 Jeopardy Style Trivia JL 6:30 Replaying Afternoon Movie MR</p>
<p><b>10</b> 1:00 Adult Color Time PC 2:00 Non-Denominational Service BR</p>	<p><b>11</b> <i>Indigenous People's Day &amp; Columbus Day</i> 9:00 Balance for Life Video WR 1:30 Bingo BR 3:30 Topic of the Day: "Indigenous Peoples' Day" JL</p>	<p><b>12</b> 9:00 Balance for Life WR 10:30 Functionally Fit WR 3:00 Remote Control Race Cars Racing WR 6:30 Tuesday Night Movie JL</p>	<p><b>13</b> <i>Navy Birthday</i> 9:00 Stretch &amp; Meditation WR 10:30 Stretch &amp; Meditation WR 10:30 Boggle JL 1:00 Color Time PC 2:00 Resident Council DR 3:00 Wine Tasting BP</p>	<p><b>14</b> <i>Dussehra</i> 9:00 Balance for Life WR 10:30 Functionally Fit WR 10:00 Bingo BR 2:00 Afternoon Fun "Pumpkin Monogram Wreath" BR</p>	<p><b>15</b> <i>White Cane Safety Day &amp; Boss's Day</i> 9:00 Balance for Life WR 10:30 Musical Balls BR 1:30 City Market Shopping <i>Sign up at the front desk</i> 2:00 Cookies &amp; Conversation "Let's Learn About Rocks with Norm" BR 3:00 Knitting &amp; Crochet JL</p>	<p><b>16</b> 9:00 Balance for Life WR 9:00 Bingo BR 2:00 Afternoon Movie MR 3:00 Jeopardy Style Trivia JL 6:30 Replaying Afternoon Movie MR</p>
<p><b>17</b> 1:00 Adult Color Time PC 6:30 Movie Documentary MR</p>	<p><b>18</b> 9:00 Balance for Life Video WR 1:30 Bingo BR 3:30 Topic of the Day: "Mulligan" JL</p>	<p><b>19</b> <i>The Prophet's Birthday</i> 9:00 Balance for Life WR 10:30 Functionally Fit WR 3:00 Putt Putt WR 6:30 Tuesday Night Movie JL</p>	<p><b>20</b> 9:00 Stretch &amp; Meditation WR 10:30 Stretch &amp; Meditation WR 10:30 20 Questions JL 1:00 Color Time PC 3:00 Pick Up Sticks</p>	<p><b>21</b> 9:00 Balance for Life WR 10:30 Functionally Fit WR 10:00 Bingo BR 2:00 Afternoon Fun "Walking in the Rain Painting" BR</p>	<p><b>22</b> 9:00 Balance for Life WR 10:30 Music Trivia FP 2:00 Cookies &amp; Conversation "Hildegard of Bingen" BR 3:00 Knitting &amp; Crochet JL</p>	<p><b>23</b> 9:00 Balance for Life WR 9:00 Bingo BR 2:00 Afternoon Movie MR 3:00 Jeopardy Style Trivia JL 6:30 Replaying Afternoon Movie MR</p>
<p><b>24</b> <i>Halloween Sprit Week Begins! Sports Day Swag</i> 1:00 Adult Color Time PC 2:00 Non-Denominational Service BR</p>	<p><b>25</b> <i>Hippie VS. Hipster Day</i> 9:00 Balance for Life Video WR 1:30 Bingo BR 3:30 Topic of the Day: "Mysterious Monday" JL</p>	<p><b>26</b> <i>Class Colors Day</i> 9:00 Balance for Life WR 10:30 Functionally Fit WR 1:30 Pumpkin Decorating BR 3:00 Jeopardy Trivia JL 6:30 Tuesday Night Movie JL</p>	<p><b>27</b> <i>Wild Wild West Day</i> 9:00 Stretch &amp; Meditation WR 10:30 Stretch &amp; Meditation WR 10:30 Word Unscramble JL 1:00 Color Time PC 1:30 Activity Meeting WR 3:00 Filling Up Candy Bags PC</p>	<p><b>28</b> <i>Twin Day/ Opposite Day</i> 9:00 Balance for Life WR 10:30 Functionally Fit WR 10:00 Bingo BR 2:00 Afternoon Fun "Jack-o'-lantern Memory Game &amp; Dem Bones Dice Game" BR</p>	<p><b>29</b> <i>Retro Workout Outfit Day</i> 9:00 Balance for Life WR 10:30 Halloween Musical Balls BR 2:00 Cookies &amp; Conversation "History of Halloween" BR 3:00 Knitting &amp; Crochet JL</p>	<p><b>30</b> <i>Halloween Costume Contest Day</i> 9:00 "Witch" Warm-Up WR 9:00 Spooky Bingo BR 2:00 Halloween Parade &amp; Trunk or Treat Party FP 6:30 Evening Halloween Movie MR</p>

## Save The Date !

**Food Committee Meeting**  
October 6th at 10am  
In the Wellness Room

**Resident Council**  
October 12th at 2pm  
In the Dining Room

**Activity Meeting**  
October 27th at 1:30pm  
In the Wellness Room

**AAA Hearing Aid Repair**  
By appointment only

**Grand Mesa Medical Wheelchair and Walker Repair**  
By appointment only

## Reminders:

- **CHECK THE DAILY CALENDAR LOCATED IN THE DINING ROOM FOR POSSIBLE ACTIVITY CHANGES.**
- **Grand Mesa Medical Wheelchair & Walker Repair and AAA Hearing are now appointment only.**
- **If you like to make a deposit to Alpine Bank please have it ready at the front desk on the first and third Wednesday by 10 am.**
- **If you need to shop for any personal items, please leave a list for Jo or Barbie at the front desk and we will get your items to you by Wednesday of that week.**

## Other Holiday/Observances this Month:

**Oct 4th - Feast of St Francis of Assisi**  
**Oct 4th - Frances Xavier Cabrini Day**  
**Oct 4th - Child Health Day**  
**Oct 9th - Leif Erikson Day**  
**Oct 11 - Columbus Day**  
**Oct 11th - Indigenous People's Day**  
**Oct 13th - Navy Birthday**  
**Oct 14th - Dussehra**  
**Oct 15th - White Cane Safety Day**  
**Oct 15th - Boss's Day**  
**Oct 19th - The Prophet's Birthday**  
**Oct 31st - Halloween**