

Monday		Tuesday		Wednesday		Thursday		Friday	
 October 2026 MONTHLY CALENDAR						LOW CARDIO	1	CATHOLIC MASS	2
						PUZZLE CLUB		BAKING HONEY CORNBREAD	
						JINGO		NAIL SPA	
MONDAY MEDITATION	5	BALLOON TOSS	6	WEIGHT LIFTING	7	HIGH CARDIO	8	SEATED STRETCHES	9
CINNAMON ROLLS & MICHAEL JORDAN DISCUSSION		IRIS MUSIC		PINK FESTIVAL		FESTIVAL ART		PUMPKIN ART	
SCATTERGORIES		JACKSON 5 DICUSSION		LIVE PERFORMANCE BY GARRY BROWN		HAND MASSAGES		MUSIC W/JOSHUA	
POOL NOODLE WORKOUT	12	ARM LIFTS	13	SEATED STRETCHES	14	BETTER BALANCE	15	CATHOLIC MASS	16
NATURE ART PROJECT		INDIGENOUS PEOPLE’S DAY DISCUSSION		PUMPKIN CARVING		JAMES BOND DISCUSSION		MUSICAL PERFORMANCE BY M.A.G.I.C	
THE HISTORY OF HALLOWEEN		BINGO		HALLOWEEN DECOR		MEDIVAL TIMES GAME		MCDONALDS OUTING	
SEATED STRETCHES	19	BRISK WALKING	20	STRETCH BAND WORKOUT	21	THURSDAY MEDITAION	22	LOW CARDIO	23
IRIS MUSIC		LEAF WREATH PROJECT		WHITNEY HOUSTON TRIBUTE		MICHAEL JACKSON TRIVIA		PUMPKIN SEED ART	
GUESS THE SCENT		WHAT AM I?		MUSIC BY WALTER WARE		SCOUTING HISTORY		MOTOWN SING A LONG	
HIGH CARDIO	26	LEG WORKOUT	27	TAI CHI	28	BALLOON TOSS	29	CATHOLIC MASS	30
EMBROIDERY CLASS		HALLOWEEN WORD UNSCRAMBLE		HALLOWEEN SCATTERGORIES		BAKING CLASS		PET PARADE	
HAND MASSAGES		FALL POETRY		SHORT STORIES		JENGA		HALLOWEEN PARTY	