

Monday

Tuesday

Wednesday

Thursday

Friday



October 2026

MM HIGHLIGHTS

SUBJECT TO CHANGE

 October 2026 MM HIGHLIGHTS SUBJECT TO CHANGE			YOGA MOVEMENT 1	LET'S MOVE 2
			OUTING: LIBRARY	BINGO BONANZA
			WORLD OF MONSTERS	ART: FALLING LEAVES
MOVE THE BONES 5	YOGA MOVEMENT 6	MOVE THE BONES 7	YOGA MOVEMENT 8	MOVE THE BONES 9
SPIRITUAL CONNECTION <i>IRIS</i> <i>Music Therapy</i> TOFU	MUSIC WITH MARY JAZZ IT UP ART PROGRAM	OUTING: SAVAGE MILLS <i>IRIS</i> DOUBLE BOO	OUTING: MUSEUM CRYPTOLOGIC SORTING MONEY	BINGO BLAST SCIENCE: FROST
SIT N BE FIT 12	YOGA MOVEMENT 13	LET'S MOVE 14	YOGA MOVEMENT 15	SIT N BE FIT 16
SPIRITUAL CONNECTION <i>IRIS</i> SLEEP FOODS	MUSIC/ BOB+TRICIA YES OR NO	OUTING: SCENIC DRIVE TBA(Norman) BALL GAMES <i>IRIS</i>	OUTING: AFRICAN ART MUSEUM WORLD OF OWLS	BINGO BONANZA SCIENCE: AUTUMN
LET'S MOVE 19	YOGA MOVEMENT 20	KICK N BE FIT 21	YOGA MOVEMENT 22	MOVE THE BONES 23
SPIRITUAL CONNECTION <i>IRIS</i> HEARING	MUSIC WITH MARY WALKING CLUB	OUTING: GOODWILL <i>IRIS</i> RING TOSS	OUTING: T. ISSAC LOG CABIN FALL COLORS	BINGO BLAST ART: SKY CARDS
KICK N BE FIT 26	YOGA MOVEMENT 27	SIT N BE FIT 28	YOGA MOVEMENT 29	KICK N BE FIT 30
SPIRITUAL CONNECTION <i>IRIS</i> ONION BENEFITS	MUSIC/ BOB+TRICIA PICK N PAIR ITEMS	OUTING: NATURE CENTER PATUXENT <i>Halloween Pet Parade</i> <i>IRIS</i> BALLOON BOP	OUTING: COLORED SCHOOL HOUSE ART: MASKS	BINGO BONANZA HALLOWEEN PARTY