

Monday

Tuesday

Wednesday

Thursday

Friday



October 2026

RK HIGHLIGHTS

SUBJECT TO CHANGE

 October 2026 RK HIGHLIGHTS SUBJECT TO CHANGE			YOGA MOVEMENT 1	LET'S MOVE 2
			OUTING: LIBRARY	BINGO BONANZA
			ART: FALLING LEAVES	WORLD OF MONSTERS
MOVE THE BONES 5	YOGA MOVEMENT 6	MOVE THE BONES 7	YOGA MOVEMENT 8	MOVE THE BONES 9
SPIRITUAL CONNECTION	MUSIC WITH MARY	OUTING: SAVAGE MILLS	OUTING: MUSEUM CRYPTOLOGIC	BINGO BLAST
TOFU	FILIPINO HERITAGE MONTH	DOUBLE BOO	SCIENCE: FROST	HISTORY OF MONEY
SIT N BE FIT 12	YOGA MOVEMENT 13	LET'S MOVE 14	YOGA MOVEMENT 15	SIT N BE FIT 16
SPIRITUAL CONNECTION	MUSIC/ BOB+TRICIA	OUTING: FRANKS	OUTING: AFRICAN ART MUSEUM	BINGO BONANZA
SLEEP FOODS	ITALIAN HERITAGE MONTH	MISCHIEF AND MAYHEM	SCIENCE: AUTUMN	WORLD OF OWLS
LET'S MOVE 19	YOGA MOVEMENT 20	KICK N BE FIT 21	YOGA MOVEMENT 22	MOVE THE BONES 23
SPIRITUAL CONNECTION	MUSIC WITH MARY	OUTING: GOODWILL	OUTING: T. ISSAC LOG CABIN	BINGO BLAST
HEARING	AUTHORS BORN IN OCTOBER	NOT EASY BEING GREEN	ART: SKY CARDS	FALL COLORS
KICK N BE FIT 26	YOGA MOVEMENT 27	SIT N BE FIT 28	YOGA MOVEMENT 29	KICK N BE FIT 30
SPIRITUAL CONNECTION	MUSIC/ BOB+TRICIA	OUTING: NATURE CENTER PATUXENT	OUTING: COLORED SCHOOL HOUSE	BINGO BONANZA
ONION BENEFITS	CONNECTICUT TRAVELS	FRANKENSTEIN	ART: MASKS	HALLOWEEN PARTY