

**OCTOBER 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 10 AM: HEAD TO TOE EXERCISE WITH ROSIE  2 PM: RING TOSS  6 PM: DICE	<b>2</b> 10 AM: EXERCISES HEAD TO TOE  2 PM: SOCIAL HOUR  6 PM: CARDS	<b>3</b> 10 AM: YOGA CHAIR EXERCISE  2 PM: BINGO  6 PM: PUZZLES	<b>4</b> 10 AM: SIT AND BE FIT CHAIR EXERCISES  2 PM: PASTOR BEYER  6 PM: DICE	<b>5</b> 10 AM: EXERCISES WITH ROSIE  2 PM: BINGO  6 PM: BALL TOSS	<b>6</b> 10 AM: KICK THE BALL  2 PM: COFFEE AND COOKIES  6 PM: CARDS
<b>7</b> 10AM: HEAD TO TOE EXERCISES WITH ROSIE  2 PM: CHURCH AT HW OR READ SUNDAY PAPER  6 PM: BINGO	<b>8</b> 10 AM: BALL TOSS & LOWER EXTREMITIES EXERCISES  2 PM: CARDS  6 PM: BINGO	<b>9</b> 10 AM: HEAD TO TOE EXERCISES WITH ROSIE  2 PM: BALLOON BADMITTON  7 PM: DICE	<b>10</b> 10 AM: BALL TOSS & LOWER EXTREMITIES EXERCISE  2 PM: COFFEE SOCIAL AND BINGO  6 PM: RING TOSS	<b>11</b> 10 AM: YOGA CHAIR EXERCISE FOR MIND AND BODY  2:30 PM: PASTOR BEYER  6 PM: CARDS	<b>12</b> 10 AM: BALL TOSS AND LOWER EXTREMITIES EXERCISES  2 PM: BINGO  6 PM: CONNECT 4	<b>13</b> 10 AM: HEAD TO TOE EXERCISES WITH ROSIE  2 PM: PUZZLES  6 PM: MARGARITAS CHIPS AND DIP
<b>14</b> 10AM: HEAD TO TOE EXERCISES WITH ROSIE  2 PM: CHURCH AT HW OR COUNTRY MUSIC PLAYERS  6 PM: BINGO	<b>15</b> 10 AM: HEAD TO TOE EXERCISES WITH ROSIE  2 PM: CARDS  PM CURRENT EVENTS	<b>16</b> 10 AM: BALL TOSS AND LOWER EXTREMITIES EXERCISES  2 PM: CONNECT 4  6 PM: DICE	<b>17</b> 10 AM: SIT AND BE FIT CHAIR EXERCISES  2 PM: BINGO  6 PM: RING TOSS	<b>18</b> 0AM: BALL TOSS AND LOWER EXTREMITIES EXERCISES  2 PM: SOCIAL HOUR  6 PM: CARDS	<b>19</b> 10 AM: HEAD TO TOE EXERCISES WITH ROSIE  2 PM: BINGO AND SNACK  6 PM: PUZZLES	<b>20</b> 10 AM: BALLOON BADMIITTON  2 PM: RING TOSS  6 PM: DICE
<b>21</b> 10 AM: HEAD TO TOE EXERCISE WITH ROSIE  2:30 PM: SCRIPTURE FROM THE BIBLE OR CHURCH AT HW DEVOTIONS  6 PM: BINGO	<b>22</b> 10 AM: HEAD TO TOE EXERCISE WITH ROSIE  2 PM: RING TOSS  6 PM: DICE	<b>23</b> 10 AM: YOGA CHAIR EXERCISES FOR THE MIND AND BODY  2 PM: SOCIAL HOUR  6 PM: CARDS	<b>24</b> 10 AM: KICK THE BALL  2 PM: BINGO  6 PM: DICE	<b>25</b> 10 AM: BALL TOSS AND LOWER EXTREMITIES EXERCISE  2 PM: COFFEE SOCIAL  6 PM: RING TOSS	<b>26</b> 10 AM: HEAD TO TOE EXERCISE WITH ROSIE  2 PM: BINGO  6 PM: CARDS	<b>27</b> 10 AM: BALL TOSS WITH LOWER EXTREMITIES EXERCISE  2 PM: DICE  6 PM: MOVIE NIGHT SISTER ACT WITH WHOOP! GOLDBERG POPCORN & BEVERAGE
<b>28</b> 10 AM: HEAD TO TOE EXERCISE WITH ROSIE  2:30PM: READ NEWSPAPER OR CHURCH AT HW  6 PM: BINGO	<b>29</b> 10 AM: BALL TOSS AND LOWER EXTREMITIES EXERCISE  2 PM: CARDS  6 PM: PUZZLES	<b>30</b> 10 AM: HEAD TO TOE EXERCISES WITH ROSIE  2 PM: SOCIAL HOUR  6 PM: CONNECT 4	<b>31</b> 10 AM: SIT AND BE FIT CHAIR EXERCISES  2PM: BINGO  6 PM: PASS CANDY OUT TO TRICK-R--TREATERS			