

# October 2025

| Sunday                                  | Monday                                                                                                     | Tuesday                                                    | Wednesday                                                                   | Thursday                                       | Friday                                                                                  | Saturday                                                                           |
|-----------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------------------|------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
|                                         |                                                                                                            |                                                            | <b>1</b><br><br>8 am Yoga<br>10 am Water Exercise<br>1-2 pm President's Mtg | <b>2</b><br><br>1 pm Crafts TBA                | <b>3</b><br><br>8 am Yoga<br>10 am Water Exercise<br>6 pm Hand&Foot<br>6:30 Cards/Games | <b>4</b><br><br><b>9 am Coffee Hour</b><br><b>10 am Social Comm</b><br>12 pm Cards |
| <b>5</b><br><br>5 pm - Italian Potluck  | <b>6</b><br>8 am Yoga<br>10 am Water Exercise<br>1 pm Dominos<br>5 pm Happy Hour - Patio<br>6:30 pm Cards  | <b>7</b><br>9 am Cardio Drum<br>12 pm Cards<br>7 pm Bingo  | <b>8</b><br>8 am Yoga<br>10 am Water Exercise<br>1-2 pm President's Mtg     | <b>9</b><br>10 am -Tai Chi<br>1 pm Crafts TBA  | <b>10</b><br>8 am Yoga<br>10 am Water Exercise<br>6 pm Hand&Foot<br>6:30 Cards/Games    | <b>11</b><br>12 pm Cards<br><b>6 pm Trivia</b>                                     |
| <b>12</b><br><br>5 pm - Italian Potluck | <b>13</b><br>8 am Yoga<br>10 am Water Exercise<br>1 pm Dominos<br>5 pm Happy Hour - Patio<br>6:30 pm Cards | <b>14</b><br>9 am Cardio Drum<br>12 pm Cards<br>7 pm Bingo | <b>15</b><br>8 am Yoga<br>10 am Water Exercise<br><b>6 pm Board Mtg</b>     | <b>16</b><br>10 am -Tai Chi<br>1 pm Crafts TBA | <b>17</b><br>8 am Yoga<br>10 am Water Exercise<br>6 pm Hand &Foot<br>6:30 Cards/Games   | <b>18</b><br>12 pm Cards                                                           |
| <b>19</b><br><br>5 pm - Italian Potluck | <b>20</b><br>8 am Yoga<br>10 am Water Exercise<br>1 pm Dominos<br>5 pm Happy Hour - Patio<br>6:30 pm Cards | <b>21</b><br>9 am Cardio Drum<br>12 pm Cards<br>7 pm Bingo | <b>22</b><br>8 am Yoga<br>10 am Water Exercise<br>1-2 pm President's Mtg    | <b>23</b><br>1 pm Crafts TBA                   | <b>24</b><br>8 am Yoga<br>10 am Water Exercise<br>6 pm Hand&Foot<br>6:30 Cards/Games    | <b>25</b><br>12 pm Cards<br><b>6-10 pm -Private party</b>                          |
| <b>26</b><br><br>5 pm - Italian Potluck | <b>27</b><br>8 am Yoga<br>10 am Water Exercise<br>1 pm Dominos<br>5 pm Happy Hour - Patio<br>6:30 pm Cards | <b>28</b><br>9 am Cardio Drum<br>12 pm Cards<br>7 pm Bingo | <b>29</b><br>8 am Yoga<br>10 am Water Exercise<br>1-2 pm President's Mtg    | <b>30</b><br>1 pm Crafts TBA                   | <b>31</b><br>8 am Yoga<br>10 am Water Exercise<br>6 pm Hand&Foot<br>6:30 Cards/Games    |                                                                                    |