


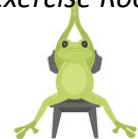




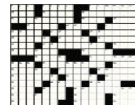











ACTIVITIES CALENDAR October 7-13

Monday, 07	TUESDAY, 08	WEDNESDAY, 09	THURSDAY, 10	FRIDAY, 11	SATURDAY, 12	SUNDAY, 13
7:30 Breakfast Hydration Station open 9:00-4:30	7:30 Breakfast Hydration Station open 9:00-4:30	7:30 Breakfast Hydration Station opens 9:00-4:30	7:30 Breakfast Hair Salon 8:30-11:00	7:30 Breakfast Hydration Station opens 9:00-4:30	7:30 Breakfast Drink Water!	7:30 Breakfast Count your Blessings!
9:00 "World Architecture Day" Bring your beverage to coffee shop, see some of the world's best Architecture	9:00 "World Octopus Day" Bring your beverage to coffee shop, learn about the smartest sea creature	9:00 "US Geography Trivia" Bring your beverage to coffee shop	9:00 "History of the Witch" Bring your beverage to coffee shop	9:00 "Have you ever..." Bring your beverage to coffee shop, discover commonalities	9:00 Bring your beverage to coffee shop where residents gather & listen to classical music	8:30 Worship Chapel
10:00 Zumba w/ Kathi <i>Exercise Room</i>	9:45 Movement w/ Michelle <i>Exercise Room</i>	10:00 Zumba w/ Kathi <i>Exercise Room</i>	10:00 Chair Yoga w/ Jim <i>Exercise Room</i>	10:00 Zumba w/ Kathi <i>Exercise Room</i>	<i>Sign up for lunch at Serious Texas Bar B Q (the sheet is on the Activities Table in dining Room) Lunch on the 16th</i>	<i>Visit Activities Center</i>
 10:15 TLC w/ Margaret in MCU	 10:30 Mentors Visit MC	 10:15 TLC w/ Andrea in MCU	 10:30 TLC w/ Andrea in MCU	 10:30 TLC w/ Margaret in MCU		
11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch
12:30 Ice Cream Social <i>Dining Room</i>	1:00 Group Cross Word <i>Exercise Room</i>	12:30 Hymns & Versus <i>Sunshine Room</i>	 12:30 October Birthdays Celebration <i>Dining Room</i> Beverly, Shirley, Judy D., Jan, Elaine Trishaw Bike Rides 1:30 Mary Jo & Margarite 2:00 Gerry & Inge	1:00 Mocha the Therapy Dog & Guitar <i>Sunshine Room</i>	Wrinkles merely indicate where smiles have been	12:15 Documentaries & Discussions w/ Joan <i>Coffee Shop</i>
 2:00-3:30 BINGO <i>Dining Room</i>	 1:15 Winston visits <i>Sunshine Room</i>	1:30 Jigsaw Puzzles <i>Dining Room</i>		 2:30 Banjo/Sing-a-long w/ Duane		
2:00-3:30 BINGO <i>Dining Room</i>	3:00 Resident Council Meeting Come share your concerns & praises <i>Exercise Room</i>	3:30 Trio of Singers <i>Sunshine Room</i>	2:45 Art Project "Autumn Leaves" <i>Dining Room</i>	3:15 Happy Hour Come down for a drink & chit chat <i>Sunshine Room</i>		Rest...
 Cowboy Grub	4:30 Dinner	 4:30 Dinner	 4:30 Dinner	 4:30 Dinner	4:30 Dinner	 4:30 Dinner

M	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B F S T	CHOICE OF JUICE CHOICE OF CEREAL EGG:____ SWEET ROLL MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG:____ BANANA BREAD MARGARINE/JELLY MILK	CHOICE OF JUICE CHOICE OF CEREAL SAUSAGE PATTY WAFFLES MAPLE SYRUP MILK	CHOICE OF JUICE CHOICE OF CEREAL SAUSAGE GRAVY BISCUIT MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG:____ BACON TOAST MARGARINE/JELLY MILK	CHOICE OF JUICE CHOICE OF CEREAL SAUSAGE LINK FRENCH TOAST / SYRUP MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG:____ DONUT HOLES MILK
N O O N	FRIED CHICKEN MASHED POTATOES CHICKEN GRAVY CASCADE BLEND VEGETABLES ROLL/MARG PIE MILK	CHICKEN ALFREDO CARROTS GARLIC TOAST DESSERT IS ICE CREAM SOCIAL! MILK	BRUNCH ENTREE FEATURE SEASONED BREAKFAST POTATOES FRUIT APRICOT CRUMB BAR MILK	TURKEY PASTA SALAD TOMATO SLICES BREADSTICK CHEESECAKE MILK	SMOTHERED CUBE STEAK MASHED POTATOES BUTTERED PEAS BREAD/MARG FLUFFY STRAWBERRY DESSERT MILK	SHRIMP & CHIPS BROCCOLI W/ CHEESE CORNBREAD/MARG SEASONAL FRESH FRUIT MILK	SHEPHERDS PIE GREEN BEANS BREAD/MARG SHERBET MILK
E V E	CORN DOG MACARONI & CHEESE BAKED BEANS SEASONAL FRESH FRUIT MILK	OPEN FACE HOT BEEF SANDWICH MASHED POTATOES CREAMY COLESLAW MANDARIN ORANGES MILK	SUMMER CHICKEN TORTELLINI SOUP CRACKERS CHOPPED SALAD/DRESSING BREADSTICK BANANA BERRY CUP MILK	BRATWURST ON BUN TATER TOTS CORN MIXED FRUIT MILK	FRIED CHICKEN DRUMSTICK PASTA SALAD CUCUMBER SALAD GARLIC TOAST PEARS MILK	BEEF ENCHILADA SEASONAL VEGETABLE BREAD/MARG BUTTERSCOTCH BROWNIE MILK	DELI SANDWICH POTATO CHIPS PEACHES CAKE ROLL MILK
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Notes:

MC ACTIVITIES CALENDAR October 7-13

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