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Sun	Mon	Tue	Wed	Thu	Fri	Sat
01 8:00 Catholic Rosary & Communion 10:00 Ecumenical Service 2:00 Movie & Popcorn 3:00 Bottomless Cup	02 8:30 Exercise 9:00 Devotions 9:30 Rosary 10:00 Weights 1:30 Canvas Painting with Jane Rissler (Chicken Creek Art Studio) 3:00 Bottomless Cup 	03 8:30 Exercise 9:00 Devotions 9:30 Rosary & Communion 10:00 Shopping 1:30 Relaxation Station 3:00 Bottomless Cup  	04 8:30 Exercise 9:00 Devotions 9:30 Rosary 10:00 Shopping 10:30 Visit with Maggie & Jo 1-3:00 Manicures 3:00 Bottomless Cup 4:00 Club 200 6:15 Wheel Of Fortune 	05 8:30 Exercise 9:00 Devotions 9:30 Master Gardeners 11:00 Senior Health Fair 2:00 Mass at GNH 3:00 Bottomless Cup 3:15 Bible Study 	06 8:30 Flu Shots- Ft. View 9:15 Devotions (Solarium) 9:30 Rosary 10:00 Weights 2:00 Campus Walks/Rides 3:00 Bottomless Cup	07 9:00 Rosary 9:45 Exercise 10:30 Devotions 2:00 BINGO 3:00 Bottomless Cup 
08 8:00 Catholic Rosary & Communion 10:00 Ecumenical Service 3:00 Bottomless Cup 	09 8:30 Exercise 9:00 Devotions 9:30 Rosary 10:00 Weights 2:00 Fall Door Decorating 3:00 Bottomless Cup *Columbus Day	10 *Made to order breakfast 8:30 Exercise 9:00 Devotions 9:30 Rosary & Communion 10:00 Shopping 1:45 TOWN TALK 2:00 Fall Baking with Leticia 3:00 Bottomless Cup 	11 8:30 Exercise 9:00 Devotions 9:30 Rosary 1:30 Celebration Belle Mississippi River Cruise 3:00 Bottomless Cup 4:00 Club 200 6:30 500 Card Tournament  	12 8:30 Exercise 9:00 Devotions 9:30 Rosary 9:30** Bank Visit** 11:15 Methodist Communion 2:00 Mass at GNH 3:00 Bottomless Cup 3:15 Bible Study 	13 8:30 Exercise 9:00 Devotions 9:30 Rosary 10:00 Weights 2:00 Trip to PromiseLand Winery 3:00 Bottomless Cup 	14 9:00 Rosary 9:45 Exercise 10:30 Devotions 2:00 Beach Ball 3:00 Bottomless Cup 
15 8:00 Catholic Rosary & Communion 10:00 Ecumenical Service 2:00 Movie & Popcorn 3:00 Bottomless Cup 	16 8:30 Exercise 9:00 Devotions 9:30 Rosary 10:00 Weights 1-3 Manicures 3:00 Bottomless Cup *National Boss Day	17 8:30 Exercise 9:00 Devotions 9:30 Rosary & 10:00 Shopping 12:45 3rd grade school visit 3:00 Bottomless Cup  	18 8:30 Exercise 9:00 Devotions 9:30 Rosary 10:15 Shopping: Cedar Rapids 3:00 Bottomless Cup 4:00 Club 200 6:15 BINGO  	19 8:30 Exercise 9:00 Devotions 9:30 Master Gardeners 2:00 Mass at GNH 3:00 Bottomless Cup 3:15 Bible Study 	20 *Wear PINK for Breast Cancer Awareness 8:30 Exercise 9:00 Devotions 9:30 Rosary 10:00 Weights 1:30 Comm. Euchre Tourny. with Shirley & Friends 3:00 Bottomless Cup 	21 9:00 Rosary 9:45 Exercise 10:30 Devotions 2:00 Fall Foliage Bus Trip 3:00 Bottomless Cup 
22 8:00 Catholic Rosary & Communion 10:00 Ecumenical Service 2:00 Old Hams Play: Bell Tower Theater, Dubuque 3:00 Bottomless Cup  	23 8:30 Exercise 9:00 Devotions 9:30 Rosary 10:00 Weights 2:00 Fall Crafting Part I with Nanci Klein 3:00 Bottomless Cup 	24 *Tenant weights before breakfast* 8:30 Exercise 9:00 Devotions 9:30 Rosary 10:00 Shopping 1:30 Staff Meeting 2:00 Coloramma 3:00 Bottomless Cup  	25 8:30 Exercise 9:00 Devotions 9:30 Rosary 1:00 Above & Beyond 3:00 Bottomless Cup 4:00 Club 200 6:15 Movie & Popcorn in the Dining Room 	26 8:30 Exercise 9:00 Devotions 9:30 Rosary 9:30** Bank Visit** 10:00 Fall Crafting Part II with Nanci Klein 2:00 Mass at GNH 3:00 Bottomless Cup 3:15 Bible Study  	27 8:30 Exercise 9:00 Devotions 9:30 Rosary 10:00 Weights 2:00 Wii Bowling 3:00 Bottomless Cup 	28 9:00 Rosary 9:45 Exercise 10:30 Devotions 2:00 BINGO with Aces 4H 3:00 Bottomless Cup 
29 8:00 Catholic Rosary & Communion 10:00 Ecumenical Service 3:00 Bottomless Cup 6:15 The Meadows Halloween Party!! 	30 8:30 Exercise 9:00 Devotions 9:30 Rosary 10:00 Weights 2:00 500 Card Tournament 3:00 Bottomless Cup 	31 8:30 Exercise 9:00 Devotions 9:30 Rosary 10:00 Shopping 11:00 Lutheran Halloween 2:00 Trip to Strawberry Point Lutheran Home  	 <p><i>Autumn Blessings!</i></p>	OCTOBER BIRTHDAYS 3-Wynn Penney 6-Don Williams 7-Patty Rauch 12-Ashley Pasker 17- Jim Lammers 22-Lia Quick	<u>Oct. Observances/Awareness:</u> Ntl. Breast Cancer Awareness Ntl. Physical Therapy Month 16- World Food Day 21- Ntl. Check Your Meds Day 22-28 Respiratory Care Week 23-31 Red Ribbon Week	<u>Color coding key:</u> Green: Outings Blue: Special Events Red: Rotating games/events Black: Core Recreation Bold Black: Monthly/ Weekly events/Changes Purple*: Holiday/Awareness