

October 2017

ACTIVITIES CALENDAR

The Gables

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 6:00 - Movie Night	2 9:30 - Bone Builders Class 1:00 - Mah Jongg	3 10:00 - Blood Pressures 10:00 - Chair Exercises 11:00 - Reading Aloud 1:30 - Shopping at Tops	4 9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 1:00 - Contract Rummy	5 8:00 - Manicures by Darlene (Activities Room) 1:15 - Food Committee Meeting (Library)	6 9:30 - Bone Builders Class 10:00 - Chair Aerobics 11:00 - Crafts w/Darlene 12:00 - October Birthday Cake 1:00 - OSHER Learning 1:30 - Activity w/Darlene	7 1:00 - Adult Coloring Activities Room
8 6:00 - Movie Night	9 Columbus Day 9:30 - FLU CLINIC (Fitness Room) 1:00 - Mah Jongg	10 10:00 - Blood Pressures 10:00 - Chair Exercises 11:00 - Reading Aloud 1:15 - Residents Committee Meeting 1:30 - Shopping at Tops	11 9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 1:00 - Contract Rummy 6:00 - Monthly Meeting	12 8:00 - 11:30 - Manicures by Darlene (Activities Room) 1:45 - BINGO (The Commons)	13 9:30 - Bone Builders Class 10:00 - Chair Aerobics 11:00 - Crafts w/Darlene 1:00 - OSHER 1:30 - Activity w/Darlene	14 1:00 - Adult Coloring Activities Room
15 6:00 - Movie Night	16 9:30 - Bone Builders Class 1:00 - Mah Jongg	17 10:00 - Blood Pressures 10:00 - Chair Exercises 11:00 - Reading Aloud 1:15 - Memoirs Group 1:30 - Shopping at Tops	18 9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 1:00 - Contract Rummy 3:00 - Foot Clinic	19 8:00 - 11:30 - Manicures by Darlene (Activities Room) 6:45 - Piano Program by Alan Walker (The Commons)	20 9:30 - Bone Builders Class 10:00 - Chair Aerobics 11:00 - Crafts w/Darlene 1:00 - OSHER Learning 1:30 - Activity w/Darlene	21 1:00 - Adult Coloring Activities Room
22 6:00 - Movie Night	23 9:30 - Bone Builders Class 10:30 - Activities Committee Meeting 2:00 - Mah Jongg	24 10:00 - Blood Pressures 10:00 - Chair Exercises 11:00 - Reading Aloud 1:15 - Reading Group 1:30 - Shopping at Tops	25 9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 10:30 - Trip to Weston to VT Country Store and Lunch	26 8:00 - 11:30 - Manicures by Darlene (Activities Rm)	27 9:30 - Bone Builders Class 10:00 - Chair Aerobics 11:00 - Crafts w/Darlene 1:00 - OSHER Learning 1:30 - Activity w/Darlene	28 1:00 - Adult Coloring Activities Room
29 6:00 - Movie Night	30 9:30 - Bone Builders Class 1:00 - Discussion on a Senior Topic w/Lynn Tucker 2:00 - Mah Jongg	31 Halloween 10:00 - Blood Pressures 10:00 - Chair Exercises 11:00 - Reading Aloud 2:00 - Halloween Party in The Commons	Flu Clinic Monday, October 9 th at 9:30 -in the Fitness Room	~Trip to Weston~ Shopping at the Vermont Country Store and Lunch (Leave the Gables at 10:30 AM on 10/25)	HALLOWEEN Party in The Commons Tuesday, October 31 st at 2:00 PM	

Please note that activities are subject to change