




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 - Bone Builders Class 1:15 - VT Senate Candidate Greg Cox (Living Room) Mah Jongg following Guest Speaker	2 10:00 - Blood Pressures 10:00 - Chair Tai Chi 11:00 - Reading Aloud 1:30 - Shopping at Tops	3 9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 1:00 - Contract Rummy	4 8:00-11:30 - Manicures by Darlene (Activities Room) 11:00 - Reading Aloud 1:30 - Chair Tai Chi (The Commons)	5 9:30 - Bone Builders Class 10:00 - Chair Aerobics 11:00 - Crafts with Darlene 1:00 - OSHER	6 6:00 - OCTOBER Birthday Cake Served at Dinner
7 6:00 - Sunday Movie	8 Columbus Day 9:30 - Bone Builders Class 2:00 - Rehearsal for Scrooge (The Commons) 1:00 - Mah Jongg	9 10:00 - Blood Pressures 10:00 - Chair Tai Chi 11:00 - Reading Aloud 1:30 - Shopping at Tops 4:00 - Entertainment ~ Chris Ekblom Singer & Guitar (The Commons)	10 9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 1:00 - Residents Committee Meeting (Library) 2:00 - Contract Rummy Monthly Dinner Meeting	11 8:00-11:30 - Manicures by Darlene (Activities Room) 11:00 - Reading Aloud 1:30 - Chair Tai Chi (The Commons)	12 9:30 - Bone Builders Class 10:00 - Chair Aerobics 11:00 - Crafts with Darlene 1:00 - OSHER 2:30 - Social in the Living Room	
14 6:00 - Sunday Movie	15 9:30 - Bone Builders Class 1:00 - Mah Jongg	16 10:00 - Blood Pressures 10:00 - Chair Tai Chi 11:00 - Reading Aloud 1:30 - Shopping at Tops 1:30 - Memoirs Group	17 9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 1:00 - Contract Rummy 3:00 - Foot Clinic	18 8:00-11:30 - Manicures by Darlene (Activities Room) 11:00 - Reading Aloud 1:00 - Flu Shots by VNA (Fitness Room) 6:30 - Piano Program by Alan Walker (The Commons)	19 9:30 - Bone Builders Class 10:00 - Chair Aerobics 11:00 - Crafts with Darlene 1:00 - OSHER 2:30 - Social in the Living Room	
21 6:00 - Sunday Movie	22 9:30 - Bone Builders Class 1:00 - Mah Jongg	23 10:00 - Blood Pressures 10:00 - Chair Tai Chi 11:00 - Reading Aloud 1:30 - Shopping at Tops 2:00 - Rehearsal for Scrooge (The Commons)	24 9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 11:00 - Leave for Weston~ Lunch at the Bryant House & Shopping at the Vermont Country Store	25 8:00-11:30 - Manicures by Darlene (Activities Room) 11:00 - Reading Aloud 1:45 - BINGO (The Commons)	26 9:30 - Bone Builders Class 10:00 - Chair Aerobics 11:00 - Crafts with Darlene 1:00 - OSHER 1:30 - Activity with Darlene 6:30 - Program by Roy Pilcher (The Commons)	
28 6:00 - Sunday Movie	29 9:30 - Bone Builders Class 1:15 - Discussion with Lynn Tucker (Living Room) 1:00 - Mah Jongg	30 10:00 - Blood Pressures 10:00 - Chair Exercises 11:00 - Reading Aloud 1:00 - Reading Group 1:30 - Shopping at Tops 2:00 - Rehearsal for Scrooge (The Commons)	31 HALLOWEEN 8:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 2:00 - HALLOWEEN Party in The Commons DRESS-UP & HAVE FUN	Entertainment Chris Ekblom Singer/Guitar Tuesday, October 9th at 4:00pm (The Commons)	FLU SHOTS THURSDAY, October 18th @ 1:00pm in the Fitness Room	Trip to Weston Luncheon at the Bryant House and Shopping at the Vermont Country Store Wednesday, October 24th (Leave Gables at 11am)

Activities are subject to change