





October 2019

ACTIVITIES CALENDAR

The Gables

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Pre-Food Committee Meeting</p> <p>Monday, September 30th at 1 pm in the Library</p>	<p>1</p> <p>10:00 - Blood Pressures 10:00 - Chair Aerobics 11:00 - Reading Aloud 11:30 - Community Health Talk with Krista Neary 1:00 - Share Memories (Library) 1:30 - Shopping at Tops</p>	<p>2</p> <p>8:30 - Manicures with Darlene 9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 1:00 - Contract Rummy</p>	<p>3</p> <p>10:00 - A Gables Welcome to Melissa Greenfield in The Gables Living Room 11:00 - Reading Aloud 1:00 - Food Committee Meeting 1:45 - Chair Tai Chi</p>	<p>4</p> <p>8:00 - Men's Breakfast Mtg. 9:30 - Bone Builders Class 10:00 - Chair Yoga 11:00 - Crafts with Darlene 1:00 - OSHER 2:00 - October Birthday Social (Living Room)</p>	
<p>6</p> <p>2:00 - The Catamount Quartet in The Commons 6:00 - Sunday Movie</p>	<p>7</p> <p>9:30 - Bone Builders Class 1:00 - Mah Jongg</p>	<p>8</p> <p>10:00 - Blood Pressures 10:00 - Chair Aerobics 11:00 - Reading Aloud 1:30 - Shopping at Tops</p> <p>Yom Kippur Begins at Sunset</p>	<p>19</p> <p>9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 1:00 - Residents Committee Meeting (Library) 1:00 - Contract Rummy 5:30 - Monthly Meeting</p>	<p>10</p> <p>8:00 - 11:30 - Manicures by Darlene (Activities Room) 11:00 - Reading Aloud 1:45 - Chair Tai Chi</p>	<p>11</p> <p>9:30 - Bone Builders Class 10:00 - Chair Yoga 11:00 - Crafts with Darlene 1:00 - OSHER 2:00 - Scrabble Game (Living Room)</p>	<p>12</p>
<p>13</p> <p>6:00 - Sunday Movie</p>	<p>14 Columbus Day</p> <p>The Commons occupied on Mondays, Oct 14th - Nov 18th 8 am to 3:30 pm</p> <p>Flu Shots at 10:00 am 1:00 - Mah Jongg</p>	<p>15</p> <p>10:00 - Blood Pressures 10:00 - Chair Aerobics 11:00 - Reading Aloud 1:00 - Memoirs Group 1:30 - Shopping at Tops</p>	<p>16</p> <p>9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 1:00 - Contract Rummy 3:00 - Foot Clinic</p>	<p>17</p> <p>8:00 - 11:30 - Manicures by Darlene (Activities Room) 10:00 - Reading Aloud 1:45 - Chair Tai Chi 6:30 - Piano Program by Alan Walker (The Commons)</p>	<p>18</p> <p>9:30 - Bone Builders Class 10:00 - Chair Yoga 11:00 - Crafts with Darlene 1:00 - OSHER 1:45 - TRIVIA 4:00 - Robert Wyatt Pianist ~ Raconteur (The Commons)</p>	
<p>20</p> <p>6:00 - Sunday Movie</p>	<p>21</p> <p>9:30 - Bone Builders Class 10:45 - Activities Committee Meeting 1:00 - Mah Jongg</p>	<p>22</p> <p>10:00 - Blood Pressures 10:00 - Chair Aerobics 11:00 - Reading Aloud 1:00 - Reading Group 1:30 - Shopping at Tops</p>	<p>23</p> <p>9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 1:00 - Contract Rummy 3:30 - Gary Wortman / Guitarist (in The Commons)</p>	<p>24</p> <p>8:00 - 11:30 - Manicures by Darlene (Activities Room) 11:00 - Reading Aloud 1:45 - Tai Chi</p>	<p>25</p> <p>9:30 - Bone Builders Class 10:00 - Chair Yoga 11:00 - Crafts with Darlene 1:00 - OSHER 1:45 - BINGO (Commons)</p>	<p>26</p>
<p>27</p> <p>6:00 - Sunday Movie</p>	<p>28</p> <p>9:30 - Bone Builders Class 1:00 - Mah Jongg</p>	<p>29</p> <p>10:00 - Bone Builders Class 10:00 - Chair Aerobics 11:00 - Reading Aloud 1:30 - Shopping at Tops</p>	<p>30</p> <p>9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 12:00 - Luncheon at Rutland Country Club 1:00 - Contract Rummy</p>	<p>31</p> <p>8:00 - 11:30 - Manicures by Darlene (Activities Room) 11:00 - Reading Aloud 2:00 - HALLOWEEN PARTY IN THE COMMONS</p>	<p>The Commons will be occupied on Mondays Oct 14th to Nov 18th 8-10:30 - Diabetes Self-Management 1-3:30 - Chronic Pain Self-Management</p>	

Activities are subject to change