


# October 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1 10 AM Walk (start from Ocean House)  1 PM Bridge (CR)
2 1 PM Bridge (CR)	3 10 AM Chair Yoga (FR) 1:30 PM Dominos (DR)	4 10:45 AM Hannaford 11 AM Resident Mtg (DR) 3 PM Bocce Ball	5 10 AM Chair Yoga (FR) 1 PM Bridge (CR)	6 12:50 PM Hannaford 4 PM Oktoberfest (CY)	7 9 AM Coffee Talk (DRL ) 9 -11 Pop Health(H) 10 AM Chair Yoga (FR) 1 PM Knitting Group (L) 1:30 PM Dominos (DR)	8 10 AM Walk (start from Ocean House)  1 PM Bridge (CR)
9 1 PM Bridge (CR) 1 PM Movies with Ellen (L) "His Girl Friday"	10 10 AM Chair Yoga (FR) 1:30 PM Dominos (DR)	11 10:45 AM Hannaford 11 AM Activities Mtg(DR) 12-2 Pop Health(H) 4 PM Masanobu on Piano	12 10 AM Chair Yoga (FR) 11:15 AM Wellness Mtg (DR) 1 PM Bridge (CR)	13 12:50 PM Hannaford	14 9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting Group (L) 1:30 PM Dominos (DR)	15 10 AM Walk (start from Ocean House)  1 PM Bridge (CR)
16 1 PM Bridge (CR) 1 PM Movies with Ellen (L) "Kundum"	17 10 AM Chair Yoga (FR) 1:30 PM Dominos (DR)	18 10:45 AM Hannaford 11 AM Build & Grounds (L) 12-2 Pop Health(H)	19 10 AM Chair Yoga (FR) 1 PM Bridge (CR)	20 12:50 PM Hannaford	21 9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting Group (L) 1:30 PM Dominos (DR)	22 10 AM Walk (start from Ocean House)  1 PM Bridge (CR)
23 1 PM Bridge (CR) 1 PM Movies with Ellen (L) "Movie TBA"	24 10 AM Chair Yoga (FR) 1:30 PM Dominos (DR)	25 10:45 AM Hannaford 12-2 Pop Health(H)	26 10 AM Chair Yoga (FR) 1 PM Bridge (CR)	27 12:50 PM Hannaford	28 9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting Group (L) 1:30 PM Dominos (DR)	29 10 AM Walk (start from Ocean House)  1 PM Bridge (CR)
30 1 PM Bridge (CR) 1 PM Movies with Ellen (L) "Movie TBA"	31 10 AM Chair Yoga (FR) 1:30 PM Dominos (DR) 4 PM Halloween Bingo (DR) Wear a costume for an extra card. Happy Halloween	Cottage Trash--Tuesday & Friday 8:30 AM Cottage Recycling--Thursday 8:30 AM Apartment Trash & Recycling--Monday-Friday 7AM				<b>Legend:</b> (CR)=Craft Room (FR)=Fitness Room (H)=Health Office 3rd Floor (L)=Library (DR)=Dining Room (DLR)=Dining Room Lounge (CY)=Courtyard (Z)=Zoom