

# October 2025



| Sunday                                            | Monday                                                                             | Tuesday                                                                                                                                                                                                                                                                                                                             | Wednesday                                                                                                            | Thursday                                                                                          | Friday                                                                                                     | Saturday               |
|---------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------|
| 28<br>1 PM Bridge (CR)                            | 29<br>10 AM Chair Yoga (FR)<br>1:30 PM Dominos (DRL)                               | 30<br>10 AM Floor Yoga<br>10:45 AM Hannaford<br><br>1 PM Bridge (CR)<br>12 - 2 Pop Health (H)                                                                                                                                                                                                                                       | 1<br>10 AM Chair Yoga (FR)<br>1 PM Bridge (CR)<br>2 PM Hearts (DR)                                                   | 2<br>10 AM Floor Yoga<br>12:50 PM Hannaford<br>1:30PM Mahjong (DRL)                               | 3<br>9 AM Coffee Talk (DRL)<br>10 AM Chair Yoga (FR)<br>1 PM Knitting or Not (L)<br>1:30 PM Dominos (DRL)  | 4<br>1 PM Bridge (CR)  |
| 5<br>1 PM Bridge (CR)<br>1 PM Sunday Matinee (L)  | 6<br>10 AM Chair Yoga (FR)<br>11 AM Resident Mtg (DR)<br>1:30 PM Dominos (DRL)     | 7<br>10 AM Floor Yoga<br>10:45 AM Hannaford<br>1 PM Bridge (CR)<br>12 - 2 Pop Health (H)                                                                                                                                                                                                                                            | 8<br>10 AM Chair Yoga (FR)<br>1 PM Bridge (CR)<br>2 PM Hearts (DR)                                                   | 9<br>10 AM Floor Yoga<br>12:50 PM Hannaford<br>1:30PM Mahjong (DRL)                               | 10<br>9 AM Coffee Talk (DRL)<br>10 AM Chair Yoga (FR)<br>1 PM Knitting or Not (L)<br>1:30 PM Dominos (DRL) | 11<br>1 PM Bridge (CR) |
| 12<br>1 PM Bridge (CR)<br>1 PM Sunday Matinee (L) | 13<br>10 AM Chair Yoga (FR)<br>1:30 PM Dominos (DRL)                               | 14<br>10 AM Floor Yoga<br>10:45 AM Hannaford<br>1 PM Bridge (CR)<br>12 - 2 Pop Health (H)                                                                                                                                                                                                                                           | 15<br>10 AM Chair Yoga (FR)<br>11 AM Peace Ridge Sanctuary<br>1 PM Bridge (CR)<br>2 PM Hearts (DR)<br>4 PM Hymn Sing | 16<br>10 AM Floor Yoga<br>12:50 PM Hannaford<br>1:30PM Mahjong (DRL)                              | 17<br>9 AM Coffee Talk (DRL)<br>10 AM Chair Yoga (FR)<br>1 PM Knitting or Not (L)<br>1:30 PM Dominos (DRL) | 18<br>1 PM Bridge (CR) |
| 19<br>1 PM Bridge (CR)<br>1 PM Sunday Matinee (L) | 20<br>10 AM Chair Yoga (FR)<br>11 AM Building & G (DR)<br>1:30 PM Dominos (DRL)    | 21<br>10 AM Floor Yoga<br>10:45 AM Hannaford<br>1 PM Bridge (CR)<br>12 - 2 Pop Health (H)<br>4 PM Masanobu on Piano                                                                                                                                                                                                                 | 22<br>10 AM Chair Yoga (FR)<br>1 PM Bridge (CR)<br>2 PM Hearts (DR)                                                  | 23<br>10 AM Floor Yoga<br>12:50 PM Hannaford<br>1:30PM Mahjong (CR)                               | 24<br>9 AM Coffee Talk (DRL)<br>10 AM Chair Yoga (FR)<br>1 PM Knitting or Not (L)<br>1:30 PM Dominos (DRL) | 25<br>1 PM Bridge (CR) |
| 26<br>1 PM Bridge (CR)<br>1 PM Sunday Matinee (L) | 27<br>10 AM Chair Yoga (FR)<br>1:30 PM Dominos (DRL)                               | 28<br>10 AM Floor Yoga<br>10:45 AM Hannaford<br>1 PM Bridge (CR)<br>12 - 2 Pop Health (H)                                                                                                                                                                                                                                           | 29<br>10 AM Chair Yoga (FR)<br>1 PM Bridge (CR)<br>2 PM Hearts (DR)<br>2 PM The Life & Music of Fred Astaire         | 30<br>10 AM Floor Yoga<br>12:50 PM Hannaford<br>1:30PM Mahjong (DRL)<br>4 PM Halloween Bingo (DR) | 31<br>9 AM Coffee Talk (DRL)<br>10 AM Chair Yoga (FR)<br>1 PM Knitting or Not (L)<br>1:30 PM Dominos (DRL) | 1<br>1 PM Bridge (CR)  |
| 2<br>1 PM Bridge (CR)<br>1 PM Sunday Matinee (L)  | 3<br>10 AM Chair Yoga (FR)<br>11 AM Resident Meeting (DR)<br>1:30 PM Dominos (DRL) | <div>Notes</div> <div>Legend:<br/>(CR)=Craft Room<br/>(FR)=Fitness Room<br/>(H)=Health Office 3rd Floor</div> <div>Yellow = Special Event<br/>(DR)=Dining Room<br/>(DRL)=Dining Room Lounge<br/>(CY)=Courtyard    (Z)=Zoom</div> <div>Cottage Trash - Tuesdays &amp; Fridays 8:30 AM<br/>Cottage Recycling - Thursday 8:30 AM</div> |                                                                                                                      |                                                                                                   |                                                                                                            |                        |