

October







BETHESDA GARDENS MONUMENT

a Bethesda Senior Living Community

Assisted Living



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>9:30a Little London Fitness -AR 10:00a Daily Chronicle - AR 10:30a Table Games - AR 1:30p After. Bike Club - FR 1:30p Shopping: Walmart-BT* 2:00p Tie Blankets w/Meg - AR 3:30p Ladies Harvest Tea - AR 6:00p TV Classics</p>	<p>1 9:30a Little London Fitness -AR 10:00a Daily Chronicle - AR 10:30a Table Games - AR 1:30p After. Bike Club - FR 1:30p Shopping: Walmart-BT* 2:00p Tie Blankets w/Meg - AR 3:30p Ladies Harvest Tea - AR 6:00p TV Classics</p>	<p>2 9:30a Balance Builders - AR 10:00a Bible Study - Chpl 11:00a Chit Chats with Staff -GR 2:30p St. Peters Ministry -Chpl 3:00p Baking Cookies - GC 4:00p Bowling Mania - GC</p>	<p>3 Caring Mobile Dentist 9:30a Strengthening - AL 10:00a Daily Chronicle - AL 10:30a Hymns w/Gordon - AL 2:00p Painting Sensations - GC 3:00p Scenic Drive - BT* 4:00p TV Classics - TH 6:15p BINGO - AR</p>	<p>4 9:30a Balance Builders - AR 10:00a Catholic Mass - Chpl 10:30a Card Games - AR 1:30p After. Bike Club - FR 2:00p Pet Visits with Sadie - GC 2:00p Fancy Nails - AR 3:00p Resident Council - TH</p>	<p>5 9:30a Strengthening - AR 10:00a Pet Visits w/Fin - AR 10:30a Bible Study - Chpl 1:30p Palmer Lake Arts & Crafts Fair - BT* 2:00p Bean Bag Toss - GC 3:30p Chinese Checkers - AR 6:15p Evening Games - GR</p>	<p>6 9:30a Morning Exercise - AR 10:30a BINGO - AR 1:15p Independent Harvest Word Search 2:00p Harvest Festival (2-4p)  </p>
<p>7 9:15a Catholic Communion 9:30a Morning Exercise - AR 10:10a Dice Game: LCR - GR 11:00a Communion Ser. - Chpl 1:30p Table Games - GR 2:30p Harvest Bean Bag Toss - GC</p>	<p>8 9:30a Little London Fitness -AR 10:00a Daily Chronicle - AR 10:30a Crafters Corner - GC 1:30p After. Bike Club - FR 2:00p Tie Blankets w/Meg - AR 2:30p Wii Games - TH 3:30p Ladies Bible Study-Chpl</p>	<p>9 9:30a Balance Builders - AR 10:00a Bible Study - Chpl 11:00a Chit Chats with Staff -GR 2:30p St. Peters Ministry -Chpl 3:00p Balloon Volleyball - GC 4:00p Random Trivia - GR 6:00p CRC Ladies Group - GR</p>	<p>10 Healthy Foot Clinic - AR 9:30a Strengthening - TH 10:00a Daily Chronicle - AL 10:30a Board Games - GR 1:00p TV Classics - TH 2:00p Bowling Mania - AR 3:00p Scenic Drive - BT* 6:15p BINGO - AR</p>	<p>11 9:30a Balance Builders - AR 10:30a Word to the Wise: Fall Editions - AL 1:30p After. Bike Club - FR 2:00p Pet Visits with Sadie - GC 2:45p Pumpkin Ring Toss-GC 3:00p Chit Chat & Snacks - GC</p>	<p>12 9:15a Strengthening - AR 10:00a Fri. Morning Music - GR 10:30a Bible Study - Chpl 11:30a Out to the Library - BT* 2:30p Wii Games - TH 3:30p Men's Group: P.M. Movie & Snacks - TH</p>	<p>13 9:30a Morning Exercise - AR 10:30a BINGO - AR 1:15p Wii Trivia - TH 2:00p Ring Toss - GR 2:45p Scrabble - GR 4:00p Independent Fall Word Search</p>
<p>14 9:15a Catholic Communion 9:30a Morning Exercise - AR 10:10a Board Games - GR 11:00a Church Service - Chpl 1:30p Afternoon Card Games 2:30p Bowling Mania - GC 3:30p Independent Sudoku</p>	<p>15 9:30a Little London Fitness -AR 10:00a Daily Chronicle - AR 10:30a Wii Games - TH 12:30p Dollar Tree - BT* 1:30p After. Bike Club - FR 2:00p Tie Blankets w/Meg - AR 3:30p Ladies Bible Study-Chpl</p>	<p>16 9:30a Balance Builders - AR 10:00a Bible Study - Chpl 11:00a Chit Chats with Staff -GR 2:30p St. Peters Ministry -Chpl 2:45p Rita's Jewelry - AR 4:00p Picture Puzzles - TH</p>	<p>17 9:15a Strengthening - AL 10:00a VFW Taste of America Social-TH 1:00p Guided Relaxation - GC 2:00p Scenic Drive - BT* 3:30p Mid Week Social - GR 6:15p BINGO - AR</p>	<p>18 9:30a Balance Builders - AR 10:00a Catholic Mass - Chpl 10:30a Cooking w/Amber - GC 1:00p General Election Voting 1:30p After. Bike Club - FR 2:00p Pet Visits with Sadie - GC 3:30p Community Outreach</p>	<p>19 9:30a Strengthening - AR 10:00a Pet Visits w/Fin - AR 10:30a Bible Study - Chpl 11:30a Barnes & Noble - BT* 2:30p Fancy Nails - AR 3:30p Wii Games - TH 6:15p Crafters Corner</p>	<p>20 9:30a Morning Exercise - AR 10:30a BINGO - AR 1:15p Guided Relaxation 2:00p Bean Bag Toss 2:45p Outburst 3:30p Independent Picture Find</p>
<p>21 9:15a Catholic Communion 9:30a Morning Exercise - AR 10:10a Card Games - GR 11:00a Church Service - Chpl 1:00p Balloon Volleyball - GC 2:00p Dave on the Piano - GR 3:30p Independent Scarecrow</p>	<p>22 9:30a Little London Fitness -AR 10:00a Daily Chronicle - AR 10:30a Goodwill Shopping-BT* 1:30p After. Bike Club - FR 2:00p Tie Blankets w/Meg - AR 2:30p Bottle Ring Toss - GC 3:30p Ladies Bible Study-Chpl</p>	<p>23 9:30a Balance Builders - AR 10:00a Bible Study - Chpl 11:00a Chit Chats with Staff -GR 2:30p St. Peters Ministry -Chpl 3:00p Men's Group - TH 4:00p October Trivia - TH</p>	<p>24 9:30a Strengthening - AL 10:30a Wii Games - TH 1:00p Hand Massages - GC 2:30p Scenic Drive - BT* 3:30p Balloon Volleyball - GC 4:00p TV Classics 6:15p BINGO - AR</p>	<p>25 9:30a Balance Builders - AR 10:30a Crafters Corner - AR 1:30p After. Bike Club - FR 2:00p Pet Visits with Sadie - GC 3:00p Story Creations with Denise Guard - GR 5:30p Evening Movie</p>	<p>26 9:30a Strengthening - AR 10:00a Pet Visits w/Fin - AR 10:30a Bible Study - Chpl 11:30a Out to Walgreens - BT* 2:30p Baking Muffins - GC 3:30p Painting Sensations - AR 6:15p Evening Games - GR</p>	<p>27 9:30a Morning Exercise - AR 10:30a BINGO - AR 1:15p Card Games - GR 2:00p Costume Parade & Social 4:00p Independent Halloween Word Search</p>
<p>28 9:15a Catholic Communion 9:30a Morning Exercise - AR 10:10a Board Games - GR 11:00a Church Service - Chpl 2:00p Medlicott Studio - GR 3:30p Independent Word Scramble</p>	<p>29 9:30a Little London Fitness -AR 10:00a Daily Chronicle - AR 10:30a Board Games - AR 1:30p After. Bike Club - FR 2:00p Tie Blankets w/Meg - AR 2:30p Hook & Ladders - GC 3:30p Ladies Bible Study-Chpl</p>	<p>30 9:30a Balance Builders - AR 10:00a Bible Study - Chpl 11:00a Chit Chats with Staff -GR 2:30p St. Peters Ministry -Chpl 3:00p Clay Creations - AR 4:00p Bow & Arrow - GC</p>	<p>31 Halloween 9:30a Strengthening - AL 10:30a Halloween Scavenger Hunt 2:30p Scenic Drive - BT* 4:00p Trick or Treat 6:15p BINGO - AR</p>		<p>Location Key: Great Room - GR Fitness Room - FR Dining Room - DR Greenland Cove - GC Courtyard - CY Indicates Outside Activity</p>	<p>Location Key: Activity Room - AR Theatre - TH Chapel - Chpl Bus Trip - BT * - Requires Sign Up in Binder located up front</p>