

October








BETHESDA GARDENS MONUMENT

a Bethesda Senior Living Community



Greenland Cove



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30a Little London Fitness—AL 10:00a Daily Chronicle 10:30a Table Games - AR 1:30p After. Bike Club – FR 2:30p Bean Bag Toss 3:30p Ladies Harvest Tea - AR 6:00p TV Classics	2 9:30a Balance Builders – AL 10:00a Bible Study – AL 11:00a Chit Chats with Staff 1:30p After. Bike Club – FR 2:30p St. Peters Ministry – Chpl 3:00p Baking Cookies 4:00p Bowling Mania	3 Caring Mobile Dentistry 9:30a Strengthening – TH 10:30a Hymns w/Gordon - AL 1:00p Soothing Sounds 2:00p Painting Sensations 3:00p Scenic Drive - BT* 6:15p BINGO – AL	4 9:30a Balance Builders – AL 10:00a Catholic Mass – AL 10:30a Card Games - AL 1:30p After. Bike Club – FR 2:00p Fancy Nails 2:00p Pet Visits with Sadie 3:00p Resident Council	5 9:30a Strengthening – AL 10:00a Pet Visits w/Fin 10:30a Bible Study – AL 1:30p After. Bike Club – AL 2:00p Bean Bag Toss 3:30p Chinese Checkers - AL 6:15p Evening Games - AL	6 9:30a Morning Exercise – AL 10:30a BINGO – AL 1:15p TV Classics 2:00p Harvest Festival (2-4p)  
7 9:15a Catholic Communion—AL 9:30a Morning Exercise – AL 10:10a Dice Game: LCR - AL 11:00a Communion Service – AL 1:30p Afternoon Table Games 2:30p Harvest Bean Bag Toss - GC	8 9:30a Little London Fitness—AL 10:00a Daily Chronicle 10:30a Crafters Corner 1:30p After. Bike Club – FR 2:30p Wii Games - AL 3:30p Ladies Bible Study - AL 6:00p Evening Movie	9 9:30a Balance Builders – AL 10:00a Bible Study – AL 11:00a Chit Chats with Staff 1:30p After. Bike Club – FR 2:30p St. Peters Ministry – Chpl 3:00p Balloon Volleyball 4:00p Random Trivia	10 Healthy Foot Clinic 9:30a Strengthening – AL 10:00a Daily Chronicle 10:30a Board Games - AL 1:00p TV Classics 2:00p Bowling Mania - AL 3:00p Scenic Drive - BT* 6:15p BINGO – AL	11 9:30a Balance Builders – AL 10:30a Word to the Wise: Fall Editions - AL 1:30p After. Bike Club – FR 2:00p Pet Visits with Sadie 2:45p Pumpkin Ring Toss 3:00p Chit Chat & Snacks - GC	12 9:15a Strengthening – AL 10:00a Fri. Morning Music - AL 10:30a Bible Study – Chpl 1:30p After. Bike Club – AL 2:30p Wii Games - AL 3:30p Men's Group: P.M. Movie & Snacks - TH	13 9:30a Morning Exercise – AL 10:30a BINGO – AL 1:15p Wii Trivia - AL 2:00p Ring Toss - AL 2:45p Scrabble - AL 3:30p Sit & Sip 4:00p Shake A Memory Lose
14 9:15a Catholic Communion –AL 9:30a Morning Exercise – AL 10:10a Board Games - AL 11:00a Church Services – AL 1:30p Afternoon Card Games 2:30p Bowling Mania 3:30p TV Classics	15 9:30a Little London Fitness—AL 10:00a Daily Chronicle 10:30a Wii Games - AL 1:30p After. Bike Club – FR 2:30p Random Trivia 3:30p Ladies Bible Study - AL 3:30p Painting w/Lorraine - AL	16 9:30a Balance Builders – AL 10:00a Bible Study – AL 11:00a Chit Chats with Staff 1:30p After. Bike Club – FR 2:30p St. Peters Ministry – Chpl 3:45p Rita's Jewelry 4:00p Picture Puzzles - AL	17 9:15a Strengthening – AL 10:00a VFW Taste of America Social - AL 1:00p Guided Relaxation 2:30p Scenic Drive - BT* 3:30p Mid Week Social - AL 6:15p BINGO – AL	18 9:30a Balance Builders – AL 10:00a Catholic Mass – AL 10:30a Cooking w/Amber 1:00p General Election Voting 1:30p After. Bike Club – FR 2:00p Pet Visits with Sadie - GC 3:30p Community Outreach	19 9:30a Strengthening – AL 10:00a Pet Visits w/Fin 10:30a Bible Study – AL 1:30p After. Bike Club – AL 2:30p Fancy Nails 3:30p Table Tennis Ball Toss 6:15p Crafters Corner - AL	20 9:30a Morning Exercise – AL 10:30a BINGO – AL 1:15p Guided Relaxation 2:00p Bean Bag Toss 2:45p Outburst 3:30p Sit & Sip 4:00p Finish the Phrase
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 Word	22 9:30a Little London Fitness—AL 10:00a Daily Chronicle 10:30a Table Games 1:30p After. Bike Club – FR 2:30p Bottle Ring Toss 3:30p Ladies Bible Study - AL 4:00p Sing A Long	23 9:30a Balance Builders – AL 10:00a Bible Study – AL 11:00a Chit Chats with Staff 1:30p After. Bike Club – FR 2:30p St. Peters Ministry – Chpl 3:00p Men's Group - TH 4:00p October Trivia	24 9:30a Strengthening – AL 10:30a Wii Games - AL 1:00p Hand Massages 2:30p Scenic Drive - BT* 3:30p Balloon Volleyball 4:00p Sit & Sip 4:15p Shake A Memory Loose	25 9:30a Balance Builders – AL 10:30a Crafters Corner 1:30p After. Bike Club – FR 2:00p Pet Visits with Sadie 3:00p Story Creations with Denise Guard - GR 5:30p Evening Table Games	26 9:30a Strengthening – AL 10:00a Pet Visits w/Fin 10:30a Bible Study – AL 1:30p After. Bike Club – AL 2:30p Baking Muffins 3:30p Painting Sensations 6:15p Evening Games - GR	27 9:30a Morning Exercise – AL 10:30a BINGO – AL 1:15p Card Games 2:00p Costume Parade & Social 4:00p Bean Bag Toss 5:30p Western Movie
28 9:15a Catholic Communion –AL 9:30a Morning Exercise – AL 10:10a Board Games 11:00a Church Services – AL 2:00p Medlicott Recital - AL 3:30p Afternoon Movie	29 9:30a Little London Fitness—AL 10:30a Board Games 1:30p After. Bike Club – FR 2:30p Hook & Ladders 3:30p Ladies Bible Study - AL 4:00p You Be the Judge 6:00p Musical Classics	30 9:30a Balance Builders – AL 10:00a Bible Study – AL 11:00a Chit Chats with Staff 1:30p After. Bike Club – FR 2:30p St. Peters Ministry – Chpl 3:00p Clay Creations - AL 4:00p Bow & Arrow	31 Halloween 9:30a Strengthening – AL 10:30a Halloween Scavenger Hunt 2:30p Scenic Drive - BT* 4:00p Trick or Treaters (4-6p) 6:15p BINGO – AL	 	Location Key: AL – Assisted Living FR - Fitness Room in AL BT* – Bus Trip Daily Sheets will indicate location within the building.	