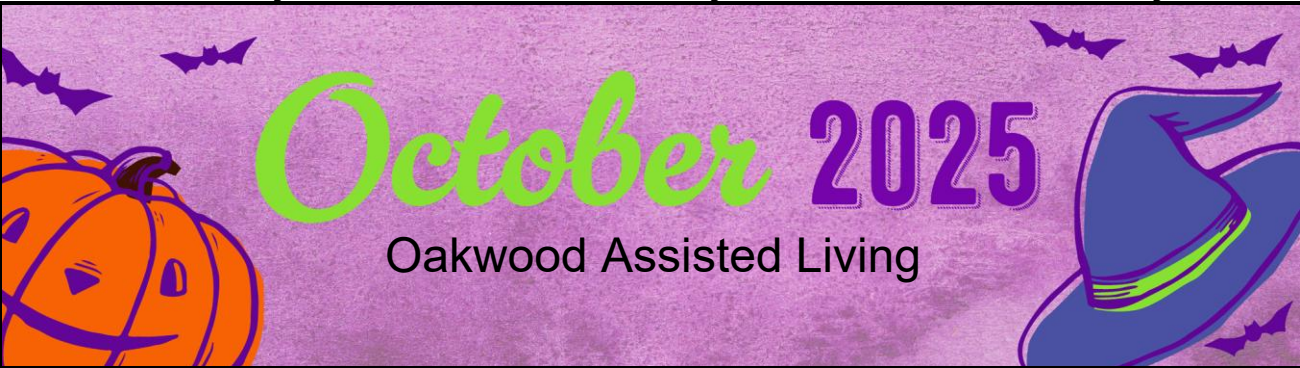


| Sunday                                                                                                                                                                                                                     | Monday                                                                                                                                                                                                                                                            | Tuesday                                                                                                                                                                                                                                                                                                                              | Wednesday                                                                                                                                                                                                                                                       | Thursday                                                                                                                                                                                                                                                                                                                   | Friday                                                                                                                                                                                                                                                                                                                 | Saturday                                                                                                                                                                                                                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                          |                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                      | <div>1</div> <div>10:00-Cardio Exercise (MR)</div> <div>1:00- Check Cashing – Admin Hall</div> <div>2:00-Live Music: Rob Dahms</div> <div>3:00- Writing Wednesday (AR) Please join us</div> <div>Yom Kippur Begins</div>                                        | <div>2</div> <div>10:00 – Yoga Exercise (MR)</div> <div>10:00- Bus to Hy-Vee&amp; Walgreens (binder IL dining room)</div> <div>1-4 Resale Shop Open</div> <div>1:30- Cash Bingo (AR)</div> <div>3:00 – Thirsty Thursday (Patio) Octoberfest!</div>                                                                         | <div>3</div> <div>8:30- Men’s Breakfast (PDR)</div> <div>9:30 – Resident chat in Arcade Cafe (free coffee)</div> <div>10:00- Trip to Clinton for lunch at Candlelight Inn and Sawmill Museum (Tickets \$6)- Leaf View Drive</div> <div>10:30-11:00- Cardio Drumming (MR)</div> <div>2:00 Euchre (patio) Resident</div> | <div>4</div> <div>8:30-9:30- Observe and interact with the dogs from CM Academy- Arcade</div> <div>9:00-11:00- Coffee Coup Group (Café) (All are welcome, bring .75 for coffee)</div> <div>10:00-11:00- Meditation with Pat Devine-KC</div>                                                                                 |
| <div>5</div> <div>9:30- Sunday service on tv (Ch. 52.1)</div> <div>10:00- Sunday Service (KC)</div> <div>2:00- Mexican Train Dominos (AR) Vivian Boyer will teach the game</div> <div>6:00- Sunday Night Movie (KC)</div>  | <div>6</div> <div>10:00- Cardio (MR)</div> <div>1:00 – 2:00- Focused group (MR) OW Residents are encouraged to attend</div> <div>2:30-Euchre (Hub)</div> <div>2:00 – Musical Performance by Oscar Stickland- Piano and Singing- KC</div> <div>Sukkot Begins</div> | <div>7</div> <div>10:00 – Yoga Exercise (MR)</div> <div>10:00- Men’s Coffee (CK)</div> <div>1:00 – Bus to Hy vee and Walgreens. Village shopping center</div> <div>1-4 Resale Shop Open</div> <div>1:30- Resident Council (AR)</div>                                                                                                 | <div>8</div> <div>10:00-Cardio Exercise (MR)</div> <div>1:00- Check Cashing – Admin Hall</div> <div>3:00- Writing Wednesday (AR) Please join us</div>                                                                                                           | <div>9</div> <div>10:00 – Yoga Exercise (MR)</div> <div>10:00- Bus to Hy-Vee&amp; Walgreens</div> <div>10:30- Catholic Mass (KC)</div> <div>1-4 Resale Shop Open</div> <div>1:30- Cash Bingo (AR)</div> <div>3:00- Troy Rangel (MR)</div> <div>6:00- Musical Performance by Red Gallagher. Singing and Guitar- KC</div>    | <div>10</div> <div>7:45 –Bus to Women’s Breakfast- Stacks in Bettendorf (Sign up in binder)</div> <div>9:30 – Resident chat in Arcade Cafe (free coffee)</div> <div>10:30-11:00- Cardio Drumming (MR)</div> <div>2:00 Euchre (patio) Resident Lead</div>                                                               | <div>11</div> <div>8:30-9:30- Observe and interact with the dogs from CM Academy- Arcade</div> <div>9:00-11:00- Coffee Coup Group (Café) (All are welcome, bring .75 for coffee)</div> <div>10:00-11:00- Meditation with Pat Devine-KC</div>                                                                                |
| <div>12</div> <div>9:30- Sunday service on tv (Ch. 52.1)</div> <div>10:00- Sunday Service (KC)</div> <div>2:00- Mexican Train Dominos (AR) Vivian Boyer will teach the game</div> <div>6:00- Sunday Night Movie (KC)</div> | <div>13</div> <div>10:00- Cardio (MR)</div> <div>1:30- Nahant Marsh (MR)</div> <div>2:30-Euchre (Hub)</div> <div>Thanksgiving Day (Canada)</div> <div>Indigenous Peoples’ Day</div> <div>Columbus Day (U.S.)</div>                                                | <div>14</div> <div>10:00 – Yoga Exercise (MR)</div> <div>10:00- Men’s Coffee (CK)</div> <div>12-1- Flu Clinic (AR)</div> <div>1:00 – Bus to Hy vee and Walgreens. Village shopping</div> <div>1:30- Travels with Marcie (KC)</div> <div>1:30- Ray Wiersen (MR)</div> <div>1-4 Resale Shop Open</div> <div>Simchat Torah Begins</div> | <div>15</div> <div>9:30- Coffee and conversations with CEO Patrick (KC)</div> <div>10:45- Lunch Club- Biaggi’s</div> <div>10:00-Cardio Exercise (MR)</div> <div>1:00- Check Cashing – Admin Hall</div> <div>3:00- Writing Wednesday (AR) Please join us</div>   | <div>16</div> <div>10:00 – Yoga Exercise (MR)</div> <div>10:00- Bus to Hy-Vee&amp; Walgreens (binder IL)</div> <div>1:30- Cash Bingo (AR)</div> <div>1-4- Resale Shop Open</div> <div>2:00-Tony Hoepner</div>                                                                                                              | <div>17</div> <div>9:30 – Resident chat in Arcade Cafe (free coffee)</div> <div>10:30-11:00- Cardio Drumming (MR)</div> <div>2:00- Card Bingo (Patio)</div>                                                                                                                                                            | <div>18</div> <div>8:30-9:30- Observe and interact with the dogs from CM Academy- Arcade</div> <div>9:00-11:00- Coffee Coup Group (Café) (All are welcome, bring .75 for coffee)</div>                                                                                                                                      |
| <div>19</div> <div>9:30- Sunday service on tv (Ch. 52.1)</div> <div>10:00- Sunday Service (KC)</div> <div>2:00- Mexican Train Dominos (AR) Vivian Boyer will teach the game</div> <div>6:00- Sunday Night Movie (KC)</div> | <div>20</div> <div>10:00- Cardio (MR)</div> <div>1:30-Trivia (AR)- (October)</div> <div>2:30-Euchre (Hub)</div>                                                                                                                                                   | <div>21</div> <div>10:00 – Yoga Exercise (MR)</div> <div>10:00- Men’s Coffee (CK)</div> <div>1:00 – Bus to Hy vee and Walgreens. Village shopping center</div> <div>1-4 Resale Shop Open</div> <div>1:30- Fall Craft (AR) (Ann)</div>                                                                                                | <div>22</div> <div>10:00-Cardio Exercise (MR)</div> <div>1:00- Check Cashing – Admin Hall</div> <div>3:00- Writing Wednesday (AR) Please join us</div>                                                                                                          | <div>23</div> <div>10:00 – Yoga Exercise (MR)</div> <div>10:30- Catholic Mass (KC)</div> <div>10:00- Bus to Hy-Vee&amp; Walgreens (binder IL)</div> <div>11:30-2:30-Service League Potato Bar (Arcade)</div> <div>1:30- Cash Bingo (AR)</div> <div>1-4- Resale Shop Open</div> <div>2:00- Janet Lieb (MR)</div>            | <div>24</div> <div>9:30 – Resident chat in Arcade Cafe (free coffee)</div> <div>10:30-11:00- Cardio Drumming (MR)</div> <div>2:00 Euchre (patio) Resident Lead</div>                                                                                                                                                   | <div>25</div> <div>8:30-9:30- Observe and interact with the dogs from CM Academy-</div> <div>9:00-11:00- Coffee Coup Group (Café) (All are welcome, bring .75 for coffee)</div> <div>3:30- Performer from QC Symphony Orchestra- KC</div> <div>7pm- Iowa Brass Band at First Presbyterian Church. Bus picks up at 6pm</div> |
| <div>26</div> <div>9:30- Sunday service on tv (Ch. 52.1)</div> <div>10:00- Sunday Service (KC)</div> <div>2:00- Mexican Train Dominos (AR) Vivian Boyer will teach the game</div> <div>6:00- Sunday Night Movie (KC)</div> | <div>27</div> <div>10:00- Cardio (MR)</div> <div>1:30-Terry Stone (MR)</div> <div>2:30-Euchre (Hub)</div>                                                                                                                                                         | <div>28</div> <div>10:00 – Yoga Exercise (MR)</div> <div>10:00- Men’s Coffee (CK)</div> <div>1:00 – Bus to Hy vee and Walgreens. Village shopping center</div> <div>1-4 Resale Shop Open</div> <div>1:30-Cooking with Patty (CK)</div>                                                                                               | <div>29</div> <div>10:00-Cardio Exercise (MR)</div> <div>12:00- Monthly Resident Birthday Party (Dining Room)</div> <div>1:00- Check Cashing – Admin Hall</div> <div>3:00- Writing Wednesday AR/St. Croix</div> <div>5:30-Trick or Treat (arcade hallway)</div> | <div>30</div> <div>10:00 – Yoga Exercise (MR)</div> <div>10:00- Bus to Hy-Vee&amp; Walgreens (binder IL)</div> <div>1:30- Cash Bingo (AR)</div> <div>1-4- Resale Shop Open</div> <div>2:00- Live Music Alan and Lorraine Singing (KC)</div> <div>3:00- Thirsty Thursday (patio) Halloween Themed treats &amp; trivia</div> | <div>31</div> <div>9:30 – Resident chat in Arcade Cafe (free coffee)</div> <div>10:30-11:00- Cardio Drumming (MR)</div> <div>1:30 The Movie “Casper” (KC)</div> <div>Halloween</div>                                                                                                                                   | <div>Happy Halloween.</div>                                                                                                                                                                                                            |

If you have any questions, Contact Patty Donahue Ext. 436 or email: pdonahue@ridgecrestvillage.org