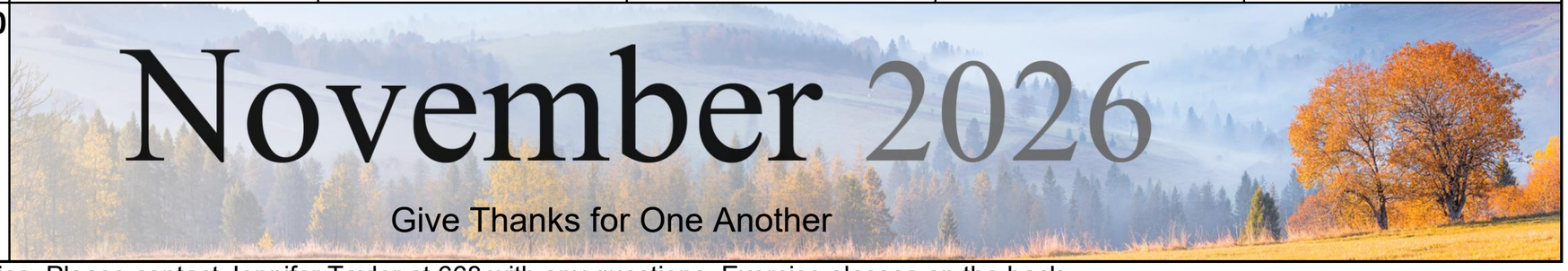
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 – Sunday Service– KC 6:00 – Movie- Mayday -KC Daylight Saving Time Ends	**2** 2:00-4:00 – Euchre (Beginners Welcome) – Hub No Movie 2:00- All Saints Memorial Service - Hub	**3** 9:30 – Eucharistic Service – Cove 12:30 – Wii Bowling – Hub 1:00 – IL Grocery & Pharmacy Shopping 1:00– 4:00– Resale Shoppe Open 3:00 – Sit & Stitch – NPR 5:00 – Tone Chimes – KC	**4** 1:00 –Diamond Painting – Craft Room 1:00– Check Cashing–Admin Hall 2:00- Wine and Cheese- Hub 3:00 – Card Game: 31 – NPR 6:00-Observe and interact with the dogs from CM Academy – Arcade 6:00- Scattergories- NCR	**5** 9:00- Men's Coffee- NPR 10:00 – IL Grocery & Pharmacy Shopping 1:00– IL Grocery & Pharmacy Shopping 1:00– 4:00– Resale Shoppe Open 3:30- Choir Practice- KC	**6** 8:00- Men's Breakfast- PDR 10:45- Trip to LeClaire for lunch and Craine and Pelican and Shopping 12:30– Boggle and Rumikub Board Game – Hub 6:00– Dominoes – Hub	**7** 8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade 9:00 – 11:00 – Coffee Coop Group – Café (All are welcome to attend! Bring $1 if you wish to have coffee)
8 10:00 – Sunday Service – KC 1:00- QCSO- Masterworks II: Cityscapes Home & Abroad 6:00 – Movie- Diwali (Hindi)	**9** 2:00-4:00 – Euchre (Beginners Welcome) – Hub 2:00- Monday Matinee: - Hub	**10** 9:30 – Eucharistic Service – Cove 12:30 – Wii Bowling – Hub 1:00 – IL Grocery & Pharmacy Shopping 1:00– 4:00– Resale Shoppe Open 3:00 – Sit & Stitch – NPR 5:00 – Tone Chimes – KC	**11** 1:00 – Adult Coloring and Diamond Painting – Hub 1:00– Check Cashing–Admin Hall 1:30- Veterans Day Service- KC 1:30- Culinary Meeting- NCR 3:00 – Card Game: 31 – NPR 6:00-Observe and interact with the dogs from CM Academy – Arcade Veterans Day Remembrance Day (Canada)	**12** 9:00- Men's Coffee- NPR 10:00 – IL Grocery & Pharmacy Shopping 10:30- Catholic Mass 1:00– IL Grocery & Pharmacy Shopping 1:00– 4:00– Resale Shoppe Open 2:00- Activities Meeting- Hub 2:30- Music: Troy Rangle- KC 3:30- Choir Practice- KC 6:15- Music Guild- Frozen	**13** 8:00 –Bus to Women's Breakfast- Cracker Barrel (Sign up in binder) 9:30 – Buildings & Grounds Meeting – NCR 12:30 – Boggle and Rummikub Board Game – Hub	**14** 8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade 9:00 – 11:00 – Coffee Coop Group – Café (All are welcome to attend! Bring $1 if you wish to have coffee)
15 10:00 – Sunday Service– KC 6:00 – Movie-	**16** No Exercise 9:30- Resident Birthday Party- Dining Room 2:00-4:00 – Euchre (Beginners Welcome) – Hub 2:00- Monday Matinee: - Hub 2:00- Resident Council- NPR	**17** 9:30 – Eucharistic Service – Cove 12:30 – Wii Bowling – Hub 1:00 – IL Grocery & Pharmacy Shopping 1:00– 4:00– Resale Shoppe Open 2:00- Music: Donovan Gustofson- KC 3:00 – Sit & Stitch – NPR 5:00 – Tone Chimes – KC	**18** 9:30- Coffee and Conversation with Patrick 10:45- Lunch Trip to Granite City 1:00 – Adult Coloring and Diamond Painting – Hub 1:00– Check Cashing–Admin Hall 3:00 – Card Game: 31 – NPR 6:00- Scattergories- NCR	**19** 9:00- Men's Coffee- NPR 10:00 – IL Grocery & Pharmacy Shopping 12:45- Festival of Trees Silverbell Social- FREE 1:00– IL Grocery & Pharmacy Shopping 1:00– 4:00– Resale Shoppe Open 3:30- Choir Practice- KC	**20** 10:00- Card Bingo- Hub 12:30– Boggle and Rummikub Board Game – Hub 2:00- Fall Happy Hour- Hub 6:00– Dominoes – Hub	**21** 8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade 9:00 – 11:00 – Coffee Coop Group – Café (All are welcome to attend! Bring $1 if you wish to have coffee)
22 10:00 – Sunday Service– KC 6:00 – Movie-	**23** 2:00-4:00 – Euchre (Beginners Welcome) – Hub 11:30- Methodist Meeting- PDR 2:00- Monday Matinee- Hub 6:00- Violin Playing by Robert Majchrzak- KC	**24** 9:30 – Eucharistic Service – Cove 12:30 – Wii Bowling – Hub 1:00 – IL Grocery & Pharmacy Shopping 1:00– 4:00– Resale Shoppe Open 2:00-4:30- Chair Massage- Cove 3:00 – Sit & Stitch – NPR 5:00 – Tone Chimes – KC	**25** 12:30-4:00- Open Billiards- Hub 1:00 – Adult Coloring and Diamond Painting – Hub 1:00– Check Cashing–Admin Hall 2:15- Book Club- Cove 3:00- Card Game 31 – NPR 6:00-Observe and interact with the dogs from CM Academy – Arcade	**26**  9:00- Men's Coffee- NPR 10:30- Catholic Mass- KC 1:00– 4:00– Resale Shoppe Open 3:30- Choir Practice- KC Thanksgiving Day (U.S)	**27** 10:00- Baby Quilts for Donation- Craft Room 12:30– Boggle and Rummikub Board Game – Hub 6:00– Dominoes – Hub	**28** 8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade 9:00 – 11:00 – Coffee Coop Group – Café (All are welcome to attend! Bring $1 if you wish to have coffee)
29 10:00 – Sunday Service – KC 6:00 – Movie-	**30** 2:00-4:00 – Euchre (Beginners Welcome) – Hub 2:00- Monday Matinee- Hub					

Activities are subject to change with or without notice. Please contact Jennifer Taylor at 668 with any questions. Exercise classes on the back

Weekly Exercise Classes
No sign up needed to attend!

Strength and Balance-This class consists of light cardio from a chair or standing with a focus on exercises that increases balance.
Monday and Wednesday
10:15-10:45 – Hub

AM Walkie Talkies Walking Club-This group meets two times a week to discuss walking routes, progress, and walks together. Drop-ins are encouraged!
Tuesday and Thursday
9:00 – Hub

Low Impact Exercise-A Chair Based Exercise with a portion of light weightlifting, small fitness ball work, and resistance band training.
Tuesday and Thursday
10:15-10:45 – Hub

Chair Yoga- A chair based stretching class that incorporates breathing through movements to increase range of motion and decrease muscle stiffness.
Wednesdays- **1:30-2:00- Craft Room**

Cardio Drumming-An instructor led drumming session on a stability ball from a chair or standing. The focus is cardio and fun!
Tuesday
1:30-2:00 - Hub

Fitness Center-This area is in the Hub and includes several cardio machines including a NuStep for regular fitness activity and rehabilitation. The center also includes a strength circuit, hand weights, yoga mats, resistance bands, and hand weights. You can schedule an orientation with Jennifer Taylor at ext. 668 if you want her to show you the equipment and area to start or continue your fitness journey.