


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p>9:45 ♥ Video Exercise [ER] 1</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>2:00 🦋 Bingo [GR]</p> <p>2:00 ☆ Chorale w/ Sharon [CH]</p> <p>3:30 ☆ Chair Tai Chi w/Lisa [ER]</p> <p>6:45 ☆ Fall Solstice Guilford Chorale Concert [FS]</p> <p>7:00 🦋 Movie Night [FS]</p>	<p>Happy Birthday, Helen! 2</p> <p>8:45 ♥ Blood Pressure Check w/ Barit [FS]</p> <p>9:45 ♥ Video Exercise [ER]</p> <p>10:45 🏠 Wii Bowling [FS]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>11:00 🏠 Jumbo Crossword [BDR]</p> <p>2:00 ♥ Food Committee Club - Closed Meeting [PDR]</p> <p>3:00 🦋 Sweet Treat Tuesday [BDR]</p> <p>4:00 ♥ 15 Minute Fitness [ER]</p> <p>6:30 🦋 Bingo [GR]</p> <p>7:00 🦋 Movie Night [FS]</p>	<p>9:30 📷 Trip: USS Nautilus and Submarine Force Museum & Lunch [B] 3</p> <p>9:45 ♥ Video Exercise [ER]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>11:00 🏠 Brain Fitness [GR]</p> <p>2:30 ♥ Craft Corner: Fall Suncatchers & More [FS]</p> <p>4:00 📷 Tech Time w/ Vanessa</p> <p>7:00 🦋 Movie Night [FS]</p> <p>7:00 🏠 Penny Poker [IC]</p>	<p>9:45 ♥ Video Exercise [ER] 4</p> <p>10:30 ☆ Roman Catholic Communion [CH]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>2:00 ☆ Poetry w/Andy [GR]</p> <p>3:00 🦋 Thirsty Thursday [BDR]</p> <p>4:00 ♥ 15 Minute Fitness [ER]</p> <p>7:00 🦋 Movie Night [FS]</p>	<p>9:45 ♥ Video Exercise [ER] 5</p> <p>10:00 🦋 Coffee & Current Events (and donuts, too!) [BDR]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>11:00 ♥ "Fall Free" Exercise class hosted by the VNA [GR]</p> <p>2:00 🦋 Bingo [GR]</p> <p>4:00 🦋 Happy Hour [IC]</p> <p>7:00 🦋 Movie Night [FS]</p>	<p>9:45 ♥ Video Exercise [ER] 6</p> <p>10:45 🏠 Wii Bowling [FS]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>2:15 🏠 Saturday Scrabble Game [BDR]</p> <p>3:00 ☆ Therapeutic Art [BDR]</p> <p>4:00 🦋 Piecing Together The Puzzle [BDR]</p> <p>7:00 🦋 Movie Night [FS]</p>	
	<p>9:45 ♥ Video Exercise [ER] 7</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>2:00 🏠 Penny Poker [IC]</p> <p>3:00 ☆ Therapeutic Art [BDR]</p> <p>4:00 🦋 Piecing Together The Puzzle [BDR]</p> <p>7:00 🦋 Movie Night [FS]</p>	<p>Columbus Day 8</p> <p>9:45 ♥ Video Exercise [ER]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>2:00 🦋 Bingo [GR]</p> <p>2:00 ☆ Chorale w/ Sharon [CH]</p> <p>3:30 ☆ Chair Tai Chi w/Lisa [ER]</p> <p>7:00 🦋 Movie Night [FS]</p>	<p>9:45 ♥ Video Exercise [ER] 9</p> <p>10:45 🏠 Wii Bowling [FS]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>11:00 🏠 Jumbo Crossword [BDR]</p> <p>2:00 ♥ Resident Ambassador Club Meeting [PDR]</p> <p>3:00 🦋 Sweet Treat Tuesday [BDR]</p> <p>4:00 ♥ 15 Minute Fitness [ER]</p> <p>6:30 🦋 Bingo [GR]</p> <p>7:00 🦋 Movie Night [FS]</p>	<p>9:45 ♥ Video Exercise [ER] 10</p> <p>10:00 ♥ Flu Shots hosted by Towne Pharmacy [BDR]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>11:00 🏠 Brain Fitness [GR]</p> <p>2:00 🏠 Book Club [PDR]</p> <p>2:30 📷 Lunch & Foliage Trip [B]</p> <p>4:00 📷 Tech Time w/ Vanessa</p> <p>7:00 🦋 Movie Night [FS]</p> <p>7:00 🏠 Penny Poker [IC]</p>	<p>9:45 ♥ Video Exercise [ER] 11</p> <p>10:30 ☆ Roman Catholic Communion [CH]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>2:00 ☆ The Spectrum of Arts [GR]</p> <p>2:30 🦋 Thirsty Thursday [BDR]</p> <p>3:00 🦋 Music by: Dan Bernier [FS]</p> <p>4:00 ♥ 15 Minute Fitness [ER]</p> <p>7:00 🦋 Movie Night [FS]</p>	<p>9:45 ♥ Video Exercise [ER] 12</p> <p>10:00 🦋 Coffee, Conversation & Donuts! [BDR]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>11:00 ♥ "Fall Free" Exercise class hosted by the VNA [GR]</p> <p>2:00 🦋 Bingo [GR]</p> <p>3:15 🦋 Activity Planning Meeting [BDR]</p> <p>7:00 🦋 Movie Night [FS]</p>	<p>Happy Birthday, Mike S! 13</p> <p>9:45 ♥ Video Exercise [ER]</p> <p>10:45 🏠 Wii Bowling [FS]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>2:15 🏠 Saturday Scrabble Game [BDR]</p> <p>3:00 ☆ Therapeutic Art [BDR]</p> <p>4:00 🦋 Piecing Together The Puzzle [BDR]</p> <p>7:00 🦋 Movie Night [FS]</p>
	<p>9:45 ♥ Video Exercise [ER] 14</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>2:00 🏠 Penny Poker [IC]</p> <p>3:00 ☆ Therapeutic Art [BDR]</p> <p>4:00 🦋 Piecing Together The Puzzle [BDR]</p> <p>7:00 🦋 Movie Night [FS]</p>	<p>9:45 ♥ Video Exercise [ER] 15</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>2:00 🦋 Bingo [GR]</p> <p>2:00 ☆ Chorale w/ Sharon [CH]</p> <p>3:30 ☆ Chair Tai Chi w/Lisa [ER]</p> <p>7:00 🦋 Movie Night [FS]</p>	<p>9:45 ♥ Video Exercise [ER] 16</p> <p>10:30 ☆ Protestant Communion *All Welcome* [CH]</p> <p>10:45 🏠 Wii Bowling [FS]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>11:00 🏠 Jumbo Crossword [BDR]</p> <p>2:00 ♥ Food For Thought: Chef Meeting [FS]</p> <p>3:00 🦋 Sweet Treat Tuesday [BDR]</p> <p>4:00 ♥ 15 Minute Fitness [ER]</p> <p>5:00 ☆ Prayer Circle *ALL WELCOME* [PDR]</p> <p>6:30 🦋 Bingo [GR]</p> <p>7:00 🦋 Movie Night [FS]</p>	<p>9:30 📷 Trip: Mohegan Sun Casino [B] 17</p> <p>9:45 ♥ Video Exercise [ER]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>11:00 🏠 Brain Fitness [GR]</p> <p>2:00 🦋 Music by: Bob Gianotti [FS]</p> <p>4:00 🦋 Piecing Together The Puzzle [BDR]</p> <p>4:00 📷 Tech Time w/ Vanessa</p> <p>7:00 🦋 Movie Night [FS]</p> <p>7:00 🏠 Penny Poker [IC]</p>	<p>Happy Birthday, Anne B! 18</p> <p>9:45 ♥ Video Exercise [ER]</p> <p>10:30 ☆ Roman Catholic Communion [CH]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>2:00 ☆ Poetry w/Andy [GR]</p> <p>3:00 🦋 Thirsty Thursday [BDR]</p> <p>4:00 ♥ 15 Minute Fitness [ER]</p> <p>7:00 🦋 Movie Night [FS]</p>	<p>Happy Birthday, Bonnie! 19</p> <p>9:45 ♥ Video Exercise [ER]</p> <p>10:00 🦋 Coffee, Conversation & Donuts! [BDR]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>11:00 ♥ "Fall Free" Exercise class hosted by the VNA [GR]</p> <p>2:00 🦋 Bingo [GR]</p> <p>6:30 🦋 Entertainment by: Vinnie Carr [FS]</p> <p>7:00 🦋 Movie Night [FS]</p>	<p>9:45 ♥ Video Exercise [ER] 20</p> <p>10:45 🏠 Wii Bowling [FS]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>2:15 🏠 Saturday Scrabble Game [BDR]</p> <p>3:00 ☆ Therapeutic Art [BDR]</p> <p>4:00 🦋 Piecing Together The Puzzle [BDR]</p> <p>7:00 🦋 Movie Night [FS]</p>
	<p>9:45 ♥ Video Exercise [ER] 21</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>2:00 🏠 Penny Poker [IC]</p> <p>3:00 ☆ Therapeutic Art [BDR]</p> <p>4:00 🦋 Piecing Together The Puzzle [BDR]</p> <p>7:00 🦋 Movie Night [FS]</p>	<p>Happy Birthday, Katy M! 22</p> <p>9:45 ♥ Video Exercise [ER]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>2:00 🦋 Bingo [GR]</p> <p>2:00 ☆ Chorale w/ Sharon [CH]</p> <p>3:30 ☆ Chair Tai Chi w/Lisa [ER]</p> <p>7:00 🦋 Movie Night [FS]</p>	<p>Happy Birthday, George C! 23</p> <p>9:45 ♥ Video Exercise [ER]</p> <p>10:45 🏠 Wii Bowling [FS]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>11:00 🏠 Jumbo Crossword [BDR]</p> <p>2:00 🦋 Sweet Treat Tuesday [BDR]</p> <p>4:00 ♥ 15 Minute Fitness [ER]</p> <p>4:00 📷 Halloween Dance Party for All! [FS]</p> <p>6:30 🦋 Bingo [GR]</p> <p>7:00 🦋 Movie Night [FS]</p>	<p>9:45 ♥ Video Exercise [ER] 24</p> <p>10:30 📷 Trip: Gouveia Winery & Picnic Lunch [B]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>11:00 🏠 Brain Fitness [GR]</p> <p>2:30 📷 October Birthday Party! [BDR]</p> <p>7:00 🦋 Movie Night [FS]</p> <p>7:00 🏠 Penny Poker [IC]</p>	<p>9:45 ♥ Video Exercise [ER] 25</p> <p>10:30 ☆ Roman Catholic Communion [CH]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>2:00 📷 The Spectrum of Arts [GR]</p> <p>3:00 🦋 Thirsty Thursday [BDR]</p> <p>4:00 ♥ 15 Minute Fitness [ER]</p> <p>7:00 🦋 Movie Night [FS]</p>	<p>Happy Birthday, Celia and Lena! 26</p> <p>9:45 ♥ Video Exercise [ER]</p> <p>10:00 🦋 Coffee, Conversation & Donuts! [BDR]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>11:00 ♥ "Fall Free" Exercise class hosted by the VNA [GR]</p> <p>2:00 🦋 Bingo [GR]</p> <p>3:30 📷 Tech Time w/ Vanessa</p> <p>7:00 🦋 Movie Night [FS]</p>	<p>9:45 ♥ Video Exercise [ER] 27</p> <p>10:45 🏠 Wii Bowling [FS]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>2:15 🏠 Saturday Scrabble Game [BDR]</p> <p>3:00 ☆ Therapeutic Art [BDR]</p> <p>4:00 🦋 Piecing Together The Puzzle [BDR]</p> <p>7:00 🦋 Movie Night [FS]</p>
	<p>9:45 ♥ Video Exercise [ER] 28</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>12:30 📷 Trip: Halloween Trunk or Treat [B]</p> <p>2:00 🏠 Penny Poker [IC]</p> <p>3:00 ☆ Therapeutic Art [BDR]</p> <p>4:00 🦋 Piecing Together The Puzzle [BDR]</p> <p>7:00 🦋 Movie Night [FS]</p>	<p>9:45 ♥ Video Exercise [ER] 29</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>2:00 🦋 Bingo [GR]</p> <p>2:00 ☆ Chorale w/ Sharon [CH]</p> <p>3:30 ☆ Chair Tai Chi w/Lisa [ER]</p> <p>7:00 🦋 Movie Night [FS]</p>	<p>9:45 ♥ Video Exercise [ER] 30</p> <p>10:45 🏠 Wii Bowling [FS]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>11:00 🏠 Jumbo Crossword [BDR]</p> <p>2:00 ♥ Monthly Resident Meeting [FS]</p> <p>3:00 🦋 Sweet Treat Tuesday [BDR]</p> <p>4:00 ♥ 15 Minute Fitness [ER]</p> <p>6:30 🦋 Bingo [GR]</p> <p>7:00 🦋 Movie Night [FS]</p>	<p>Halloween 31</p> <p>9:30 📷 Trip: Resident's Choice!</p> <p>9:45 ♥ Video Exercise [ER]</p> <p>10:45 🏠 Wisely Walking [BR]</p> <p>11:00 🏠 Brain Fitness [GR]</p> <p>3:00 ♥ Hearing Clinic [GR]</p> <p>4:00 🦋 Piecing Together The Puzzle [BDR]</p> <p>4:00 📷 Tech Time w/ Vanessa</p> <p>7:00 🦋 Movie Night [FS]</p> <p>7:00 🏠 Penny Poker [IC]</p>	<p>Be Adventurous 📷</p> <p>Be Challenged 🏠</p> <p>Be Connected 🗣️</p> <p>Be Family 👨‍👩‍👧‍👦</p> <p>Be Inspired ☆</p> <p>Be Social 🦋</p> <p>Be Well ♥</p>		<p>If you see a "\$" next to the name of the trip we are going on, that means that there is an admission for your ticket. Residents are always expected to pay for themselves during trips including lunch unless we are providing a boxed lunch which will be noted. Thank you.</p>