

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AC – Art & Craft Room B – Bistro DR – Dining Room MP – Multipurpose Room L – Lobby T – Theater GR – Game Room FC – Fitness Center – Outing	October 2026					
				9:30 Coffee& Chat (AC) 1 10:00 GAME: Virtual Bowling (MP) 11:15 Puzzle Club (GR) 1:00 Nail Manicures (AC) 2:30 Let's Get Active: Chair Volleyball (MP) 3:00 Virtual Travel (MP) Happy Birthday Jim H.	*Trixie's Salon Services by appt.* 2 9:30 Coffee& Chat (AC) 10:30 Strong from the Seat (FC) 1:30 BINGO (B) 3:30 Cheers to New Beginnings: Meet & Greet with Our New Marketing Director Danielle (Happy Hour) (B)	9:30 Coffee& Chat (B) 3 10:00 Virtual Games (MP) 11:30 Kernel of Kindness (L)
9:15 Lutheran Church of Hope Livestreamed Service (MP) 1:00 Virtual Games (MP) 1:30 Kernel of Kindness (L)	9:30 Coffee & Chat (AC) 10:15 Lets Get Active (MP) (Balloon Swat) 10:30 SOCIAL: Men's Group (DR) 1:00 Moving Grooving Monday (MP) 2:00 SOCIAL: Women's Coffee (B) 2:30 Matinee Monday: Mary Poppins (T)	9:30 Coffee & Chat (AC) 10:15 Sit, Stretch & Smile (FC) 11:00 Trivia (AC) 11:30 Lunch Bunch: Early Bird 2:00 Shopaholics: Walmart 2:00 Parkinsin's Group (MP) 3:30 BINGO (B)	9:30 Coffee & Chat w/ Donuts (B) 10:15 Bakers Club: No Bake Cookies (AC) 2:00 Bible Study w/ Chaplin Debbie (MP) 3:00 Group Exercise w/ Mallory (FC) 3:30 Wheel of Fortune (AC)	9:30 Coffee & Chat (AC) 10:00 GAME: Virtual Bowling (MP) 11:15 Puzzle Club (GR) 1:00 Nail Manicures (AC) 2:30 Virtual Travel to the Netherlands (MP) 3:30 Resident Counsel (B)	*Trixie's Salon Services by appt.* 9 9:30 Coffee& Chat (AC) 10:00 Strong from the Seat (FC) 11:00 A Bite Around The World (Netherlands) (B) 1:30 BINGO (B) 3:30 Happy Hour (B)	9:30 Coffee& Chat (B) 10:00 Virtual Games (MP) 11:30 Kernel of Kindness (L) Happy Birthday Belva B. & Deanna W.
10:00 Catholic Communion (T) 1:00 Virtual Games (MP) 1:30 Kernel of Kindness (L) 2:00 Lutheran Church of Hope Sunday Recast (MP)	9:30 Coffee & Chat (AC) 10:15 Lets Get Active (MP) (Balloon Swat) 10:30 SOCIAL: Men's Group (DR) 1:00 Bible Study w/ Angela (MP) 2:00 SOCIAL: Women's Coffee (B) 2:30 Matinee Monday: The Apple Dumpling Gang (T)	9:30 Coffee & Chat (AC) 10:15 Sit, Stretch & Smile (FC) 11:00 Trivia (AC) 11:30 Lunch Bunch: OPA! 2:00 Shopaholics: Hy-Vee 3:30 BINGO (B) Happy Birthday Sally H.	Waukee Hearing Aide Ctr 10AM (L) 9:30 Coffee & Chat w/ Donuts (B) 11:00 Shane Presents "Forgettable Jokes for Older Folks" (B) 2:00 Entertainment Spotlight-David Ambrosion (B) 3:00 Group Exercise w/ Mallory (FC) 3:30 Wheel of Fortune (AC) Happy Birthday Glen H.	9:30 Coffee & Chat (AC) 10:00 GAME: Virtual Bowling (MP) 11:15 Puzzle Club (GR) 1:00 Nail Manicures (AC) 2:30 Let's Get Active: Chair Volleyball (MP) 3:00 Virtual Travel (MP)	*Trixie's Salon Services by appt.* 16 9:30 Coffee& Chat (AC) 10:30 Strong from the Seat (FC) 11:00 Pumpkin Painting (AC) 1:30 BINGO (B) 3:30 Happy Hour (B)	9:30 Coffee& Chat (B) 10:00 Virtual Games (MP) 11:30 Kernel of Kindness (L)
9:15 Lutheran Church of Hope Livestreamed Service (MP) 1:00 Virtual Games (MP) 1:30 Kernel of Kindness (L)	9:30 Coffee & Chat (AC) 10:15 Lets Get Active (MP) (Balloon Swat) 10:30 SOCIAL: Men's Group (DR) 1:00 Moving Grooving Monday (MP) 2:00 SOCIAL: Women's Coffee (B) 2:30 Matinee Monday: Miracle on 34 th Street (T)	9:30 Coffee & Chat (AC) 10:15 Sit, Stretch & Smile (FC) 11:00 Trivia (AC) 11:30 Lunch Bunch: The Station On 86 th 2:00 Shopaholics: Target 3:30 BINGO (B)	9:30 Coffee & Chat w/ Donuts (B) 10:15 Bakers Club: Scotcheroo's (AC) 2:00 Bible Study w/ Chaplin Debbie (MP) 3:00 Group Exercise w/ Mallory (FC) 3:30 Wheel of Fortune (AC)	9:30 Coffee & Chat (AC) 10:00 GAME: Virtual Bowling (MP) 11:15 Puzzle Club (GR) 1:00 Nail Manicures (AC) 2:30 Entertainment Spotlight-Rick Ludwig (B)	*Trixie's Salon Services by appt.* 23 9:30 Coffee & Chat (AC) 10:30 Strong from the Seat (FC) 1:30 BINGO (B) 3:30 Happy Hour (B)	9:30 Coffee & Chat (B) 10:00 Virtual Games (MP) 11:30 Kernel of Kindness (L)
10:00 Catholic Communion (T) 1:00 Virtual Games (MP) 1:30 Kernel of Kindness (L) 2:00 Lutheran Church of Hope Sunday Recast (MP)	9:30 Coffee & Chat (AC) 10:15 Lets Get Active (MP) (Balloon Swat) 10:30 SOCIAL: Men's Group (DR) 1:30 Town Hall Meeting (B) 2:00 SOCIAL: Women's Coffee (B) 2:30 Matinee Monday: Hubie Halloween (T)	9:30 Coffee & Chat (AC) 10:15 Sit, Stretch & Smile (FC) 11:00 Trivia (AC) 11:30 Lunch Bunch: El Fogon 2:00 Shopaholics: Walmart 3:30 BINGO (B)	9:30 Coffee & Chat w/ Donuts (B) 11:00 Shane Presents "Forgettable Jokes for Older Folks" (B) 2:00 Oct. Birthday Celebration w/ Cake & Ice Cream (B) 3:00 Group Exercise w/ Mallory (FC) 3:30 Wheel of Fortune (AC)	9:30 Coffee & Chat (AC) 10:00 GAME: Virtual Bowling (MP) 11:15 Puzzle Club (GR) 1:00 Nail Manicures (AC) 2:30 Let's Get Active: Chair Volleyball (MP) 4:30 Trick Or Treat Event (L)	*Trixie's Salon Services by appt.* 30 9:30 Coffee & Chat (AC) 10:30 Strong from the Seat (FC) 1:30 BINGO (B) 3:30 Happy Hour (B)	9:30 Coffee & Chat (B) 10:00 Virtual Games (MP) 11:30 Kernel of Kindness (L)