

OCTOBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>BIRCHWOOD RECREATION CALENDAR</i>	<i>Halloween Party (10/31)</i>	<u>Birthdays!</u> Loretta Valle- 10/04 Beverly Buck- 10/09 Carmell Tripoli- 10/12 Catherine Marchello- 10/15 Kenneth Kelleher- 10/24 Frank Albano- 10/25 Hilde Keinath- 10/31		10:00 Morning News 10:30 Workout to the music 11:00 Poem readings 1:00 Musical Sing-along 2:00 Name that tune 3:00 BINGO! 4:00 Afternoon walk	10:00 Morning news 10:30 Fun Exercises 11:00 Hangman 1:00 What's that song? 2:00 Beer Social 3:00 Bingo 4:00 Movie	10:00 Morning News 10:30 Chair dancing 11:00 Birchwood feud 1:00 Meditation 2:00 Janet Jackson concert social 3:00 BINGO! 4:00 Movie
4 10:00 Morning news 10:30 Arm exercises 11:00 Word Games 1:00 Hangman 2:00 Birchwood feud 3:00 Art therapy 4:00 Pokeno	5 10:00 Morning news 10:30 Chair Yoga 11:00 Hangman 1:00 What sound is this? 2:00 LIVE ENTERTAINMENT W/BOB 3:00 Words in words 4:00 Bingo	6 10:00 Morning news 10:30 Fitness Challenge 11:00 Cooking class 1:00 Celebrity reminiscence 2:00 Name that tune 3:00 Words that rhyme 4:00 Trivia extravaganza	7 10:00 Morning news 10:30 Workout time 11:00 Word search's 1:00 Blast from the past 2:00 Scenic drive 3:00 Bingo 4:00 Movie	8 10:00 Morning news 10:30 Ball workout 11:00 Never have I ever 1:00 Meditation 2:00 Sing-a-long social 3:00 Craft of the week 4:00 Afternoon walk	9 10:00 Morning news 10:30 Cardio Exercises 11:00 Word games 1:00 Name that movie 2:00 Pokeno 3:00 Board Games 4:00 Movie	10 10:00 Morning News 10:30 Workout to the music 11:00 Balloon ball 1:00 Birchwood feud 2:00 Current music social 3:00 BINGO! 4:00 Movie
11 10:00 Morning news 10:30 Leg exercises 11:00 Word Scramble 1:00 Oldies but goodies 2:00 Ring toss 3:00 Aromatherapy/meditation 4:00 Bingo	12 10:00 Morning news 10:30 Chair Zumba 11:00 Name that TV show 1:00 Celine Dion concert social 2:00 LIVE ENTERTAINMENT W/MARY 3:00 Pokeno 4:00 Soothing sensory	13 RESIDENT COUNCIL MEETING 10:00 Morning news 10:30 Breathing easy 11:00 Resident council meeting 1:00 Let's travel! 2:00 Jeopardy 3:00 Musical bingo 4:00 Birchwood feud	14 10:00 Morning News 10:30 Workout time 11:00 Hangman 1:00 Oldies but goodies 2:00 Scenic drive 3:00 Craft of the week 4:00 Horse racing	15 10:00 Morning news 10:30 Cardio workout 11:00 Wheel of fortune 1:00 Bean bag toss 2:00 Fun with words 3:00 Guess who 4:00 Afternoon walk	16 10:00 Morning news 10:30 Cardio Exercises 11:00 Word games 1:00 Finish the Lyrics 2:00 Karaoke 3:00 Bingo 4:00 Movie	17 10:00 Morning news 10:30 Chair dancing 11:00 True or false 1:00 Musical Sing-along social 2:00 Hangman 3:00 Scent Guessing 4:00 Movie
18 10:00 Morning news 10:30 Dry swimming 11:00 Cooking class 1:00 Dance to the music 2:00 Cooking class 3:00 Art therapy 4:00 Pokeno	19 OCTOBER BIRTHDAY SOCIAL 10:00 Morning news 10:30 Chair Yoga 11:00 Hangman 1:00 October birthday social 2:00 LIVE ENTERTAINMENT W/ANNEMARIE 3:00 Craft of the week 4:00 Pokeno	20 10:00 Morning news 10:30 Jazzercise 11:00: Horse racing 1:00 Aromatherapy 2:00 Bingo 3:00 Coffee social 4:00 Team trivia	21 10:00 Morning news 10:30 Stretch Band exercise 11:00 Word search's 1:00 Funny videos 2:00 Scenic drive 3:00 Bingo 4:00 Movie	22 10:00 Morning news 10:30 Chair Zumba 11:00 Name that sound 1:00 Parachute ball 2:00 Ice cream Social 3:00 Fun facts 4:00 Afternoon walk	23 10:00 Morning news 10:30 Fitness Challenge 11:00 Word Scrabble 1:00 Finish the Lyrics 2:00 Painting 3:00 Pokeno 4:00 Movie	24 10:00 Morning News 10:30 Chair yoga 11:00 True or false 1:00 Karaoke social 2:00 Trivia Pursuit 3:00 BINGO! 4:00 Movie
25 10:00 Morning news 10:30 Aerobics time 11:00 Hangman 1:00 Balloon ball 2:00 Horse Racing 3:00 Birchwood feud 4:00 Soothing Imagery	26 10:00 Morning news 10:30 Chair Zumba 11:00 Words in words 1:00 Pizza social 2:00 LIVE ENTERTAINMENT W/MARY 3:00 Oldies but goodies 4:00 Movie	27 10:00 Morning news 10:30 Fitness Challenge 11:00 Coloring therapy 1:00 Name that movie 2:00 Manicures 3:00 Pokeno 4:00 Team trivia	28 10:00 Morning News 10:30 Chair dancing 11:00 Crossword's 1:00 Current hits social 2:00 Scenic drive 3:00 Aromatherapy 4:00 Bingo	29 10:00 Morning news 10:30 Chair Yoga 11:00 Hangman 1:00 Finish the quote 2:00 Picture matching 3:00 Concert Videos 4:00 Board Games	30 10:00 Morning news 10:30 Cardio Exercises 11:00 Word Scrabble 1:00 Finish the Lyrics 2:00 Arts and crafts 3:00 Bingo 4:00 Movie Classics	31 HALLOWEEN 10:00 Morning news 10:30 Workout to the music 11:00 True or false 1:00 Cooking class 2:00 SPOOKY HALLOWEEN SOCIAL 3:00 BINGO! 4:00 Movie



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