

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 International Coffee Day 900am Virtual Church 930am Today in History 945am Seated Aerobics 1015am From Bean to Coffee 1030am Musical Munchies 1100am Concentration Puzzles 100pm Hot Potato 200pm ART: Paint with Coffee 300pm Activities Choice 400pm Rest and Reconnect 600pm Evening Movie	2 900am Meditative Music 930am Today in History 945am EXERCISE with Heather 1015am You Be The Judge 1030am Musical Munchies 1100am Peaceful Pumpkins 100pm READING with JoAnn 200pm BOOKS with Curt 300pm Sweeping Relay 300pm OUTING: MMU Football vs U32 400pm Rest and Reconnect 600pm Evening Movie	3 900am Today in History 915am Seated Zumba 945am Fall Fun Cards 1030am Soda Fountain Memories 1100am Remembering Fall 100pm Seated Handball 130pm Crossword Puzzles 200pm GARDENING: Pollinator Garden 200pm Paper Pumpkins 215pm COOKING: Crunchy Fall Granola 300pm Color By Number 400pm Rest and Reconnect 600pm Seated Tai Chi	4 National Pumpkin Seed Day 900am Today in History 915am Seated Aerobics 945am Benefits of Pumpkin Seeds 1030am Word Generation 1100am What's in the Suitcase? 100pm Beanbag Boot 130pm PHOTOVOICE Project 130pm Knitting Club 200pm LIVE MUSIC: Sergio 300pm Pumpkin Seed Social 400pm Rest and Reconnect 600pm Chair Travel: New Mexico	5 World Teachers Day 900am Today in History 915am Seated Zumba 945am Lessons from Teachers 1000am "A Crafty Plan" 1030am Flashlight Matching 1100am Base Ten Blocks 100pm Don't Drop the Ball 115pm OUTING: Shelburne Museum 200pm Nature Pumpkins 300pm Activities Choice 400pm Rest and Reconnect 600pm BINGO	6 900am Funny Animal Videos 930am Today in History 945am Seated Aerobics 1015am Story Sequencing 1030am Musical Munchies 1100am EXPRESSIVE ARTS with Topaz 100pm Tennis Ball Bounce 200pm ART with Kathy 300pm Puzzle-palooza 400pm Rest and Reconnect 600pm Evening Movie	7 900am America's Funniest Videos 930am Today in History 945am Seated Zumba 1030am Musical Munchies 1100am Roll-a-Story 100pm YOGA with Stacey 130pm Finish the Scarecrow 200pm Football Practice 300pm Activities Choice 400pm Rest and Reconnect 600pm Evening Movie	
8 National Fluffer-Nutter Day 900am Virtual Church 930am Today in History 945am Seated Aerobics 1015am How Pencils are Made 1030am Musical Munchies 1100am Wacky Wordies 100pm Ping Pong Bounce 200pm ART: Watercolor Webs 300pm Activities Choice 400pm Rest and Reconnect 600pm Evening Movie	9 900am Meditative Music 930am Today in History 945am EXERCISE with Heather 1015am Every Day Trivia 1030am Musical Munchies 1100am Monster Match 100pm READING with JoAnn 200pm BOOKS with Curt 300pm Food Pairing Scavenger Hunt 330pm CRAFT: Paper Cats 400pm Rest and Reconnect 600pm Evening Movie	10 900am Today in History 915am Seated Zumba 945am "Riding with Murphy" 1030am Musical Munchies 1030am OUTING: Corn Maze 1100am DRUM CIRCLE 100pm LIVE MUSIC: Dan Levine 200pm Meter Toss Challenge 215pm COOKING: Cheesecake Cookies 300pm Coloring 400pm Rest and Reconnect 600pm Seated Tai Chi	11 900am Today in History 915am Seated Aerobics 945am Hidden Messages 1000am Fall Fun Cards 1030am Word Mixer 1100am Hidden Pictures 100pm Hoop a Pumpkin 130pm PHOTOVOICE Project 130pm Knitting Club 200pm CRAFT: Witches Brooms 300pm Activities Choice 400pm Rest and Reconnect 600pm Karaoke	12 900am Today in History 915am Seated Zumba 945am DISCUSSION: Houdini 1030am Word Puzzles 1100am Cinderella Pumpkins 100pm Juggling Scarves 130pm CRAFT: Spider Web Weaving 200pm ART: Doily Pumpkins 300pm What Did I See? 400pm Rest and Reconnect 600pm BINGO	13 900am Funny Animal Videos 930am Today in History 945am Seated Aerobics 1015am Paper Puzzles 1030am Musical Munchies 1100am Music of Julie Andrews 100pm Eyeball Pong 130pm Egg Balance Challenge 200pm MONICA'S MINUTE 300pm Apple Butter Party 400pm Rest and Reconnect 600pm Evening Movie	14 900am America's Funniest Videos 930am Today in History 945am Seated Zumba 1030am Musical Munchies 1100am Non-Fiction Writing 100pm YOGA with Stacey 200pm CRAFT: Paper Fall Gnomes 300pm Activities Choice 400pm Rest and Reconnect 600pm Evening Movie	
15 900am Virtual Church 930am Today in History 945am Seated Aerobics 1015am Grumpy or Grouch 1030am Musical Munchies 1100am Detective Puzzles 100pm Balloon Boxing 200pm CRAFT: Shrinky Dink Leaves 300pm Activities Choice 400pm Rest and Reconnect 600pm Evening Movie	16 900am Meditative Music 930am Today in History 945am EXERCISE with Heather 1030am Musical Munchies 1100am Logic Puzzles 100pm READING with JoAnn 200pm BOOKS with Curt 300pm Balloon Tennis 400pm Rest and Reconnect 600pm Evening Movie	17 900am Today in History 915am Seated Zumba 1015am Fall This or That 1030am Musical Munchies 1030am OUTING: Corn Maze (rain date) 1100am Mazes 100pm Pumpkin Bowling 200pm LIVE MUSIC: The Butterfields 300pm COOKING: Fruit Pizza 300pm Pasta Patterns 400pm Rest and Reconnect 600pm Seated Tai Chi	18 900am Today in History 915am Seated Aerobics 1000am Fall Fun Cards 1030am Hink Pinks 1100am Word Search Puzzles 100pm Hoop and Arrow 130pm PHOTOVOICE Project 130pm Knitting Club 200pm ART: Starlight Pumpkins 300pm That Looks Good on You! 400pm Rest and Reconnect 600pm Chair Travel: Transylvania	19 900am Today in History 915am Seated Zumba 945am "Gourds and Gordons" 1030am Match Up 1100am Dot to Dots 100pm Gospel Chair Exercise 130pm CHURCH: 1st Baptist of St A 200pm CRAFT: Bejeweled Gourds 300pm Activities Choice 400pm Rest and Reconnect 600pm BINGO	20 900am Funny Animal Videos 930am Today in History 945am Seated Aerobics 1030am Musical Munchies 1100am Scattergories 100pm Monster Toss 130pm Tangrams 200pm ART with Kathy 300pm Pass the Roll Challenge 400pm Rest and Reconnect 600pm Evening Movie	21 900am America's Funniest Videos 930am Today in History 945am Seated Zumba 1030am Musical Munchies 1100am Opinion Writing 100pm YOGA with Stacey 200pm CRAFT: Felt Quilt Squares 300pm Activities Choice 400pm Rest and Reconnect 600pm Evening Movie	
22 900am Virtual Church 930am Today in History 945am Seated Aerobics 1015am Color-gories 1030am Musical Munchies 1100am Picture This! 100pm Acorn Toss 200pm ART: Painting with Leaves 300pm Activities Choice 400pm Rest and Reconnect 600pm Evening Movie	23 900am Meditative Music 930am Today in History 945am EXERCISE with Heather 1015am Remembering Canning 1030am Musical Munchies 1100am Mindful Pumpkin Lattes 100pm READING with JoAnn 200pm BOOKS with Curt 300pm Sound Match 400pm Rest and Reconnect 600pm Evening Movie	24 900am Today in History 915am Seated Zumba 1015am Fall Fun Cards 1030am What Do You Infer? 1100am History of Zombies 100pm Soccer Kicks 200pm Mummies and Pyramids 215pm COOKING: Sunflower Cookies 300pm CRAFT: Lotion Bars 400pm Rest and Reconnect 600pm Seated Tai Chi	25 900am Today in History 915am Seated Aerobics 1000am I Smell Autumn 1030am Halloween Story Circle 1100am Poetry of Chaucer 100pm Lemon Bocce 130pm PHOTOVOICE Project 130pm Knitting Club 200pm PUMPKIN CARVING 300pm Activities Choice 400pm Rest and Reconnect 600pm Trivia Night	26 900am Today in History 915am Seated Zumba 945am Fall Fun Cards 1000am "Rosebud and Vine" 1030am Hymns 1100am COMMUNION: Father Ranges 100pm Mummify a Director 200pm CRAFT Ghoulish Tassels 300pm COMMUNITY EVENT: MASQUERADE BALL & FUN FESTIVAL 600pm BINGO	27 900am Funny Animal Videos 930am Today in History 945am Insect Matching 1030am Musical Munchies 1100am Magical Songs 100pm Spider Games 200pm ART: Fall Spray Painting 300pm Activities Choice 400pm Rest and Reconnect 600pm Evening Movie	28 900am America's Funniest Videos 930am Today in History 945am Seated Zumba 1030am Musical Munchies 1100am Journal Writing 100pm YOGA with Stacey 200pm CRAFT: Tube Sculptures 300pm Halloween Candy Taste Test 400pm Rest and Reconnect 600pm Evening Movie	
29 900am Virtual Church 930am Today in History 945am Seated Aerobics 1015am List It! Costume Edition 1030am Musical Munchies 1100am Sudoku 100pm Parachute Exercise 200pm Halloween Beaded Bracelets 300pm Doodling 400pm Rest and Reconnect 600pm Evening Movie	30 900am Meditative Music 930am Today in History 945am EXERCISE with Heather 1015am Haunted USA 1030am Musical Munchies 1100am Owl Match Up 100pm READING with JoAnn 200pm BOOKS with Curt 300pm MONICA'S MINUTE 400pm Rest and Reconnect 600pm Evening Movie	31 900am Today in History 915am Seated Zumba 945am "Statement: Randolph Carter" 1015am Almost Funny Halloween Jokes 1030am I Hear Halloween Memories 1100am Creepy Creature News 100pm Halloween Ball Bounce 130pm Fill in the Story 200pm Mindful Coloring 215pm COOKING: Chocolate Frogs 300pm REVERSE TRICK OR TREAT 400pm Rest and Reconnect 600pm Monster Mash Dance Party	<h1>October 2023</h1>  <p>Touchstone Programing Calendar</p>			<p>. Activities may be changed as a result of resident request.</p> <p>. Activities are weather dependent.</p> <p>. When possible, alternate activities are offered throughout the day.</p>	