



OCTOBER 2024

ACTIVITIES CALENDAR



All activities are subject to change.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Please Look to the Lobby TV for the Most Up-to-Date Schedule of Activities!

Outings:
(Sign up at front desk)

October 2 @ 10:30am
Fall Foliage Ride

October 24 @ 1:30pm
Phoenix Books

October 28 @ 6:15pm
Driving to See Halloween Lights

Trips to Hannaford:
October 16 @ 10:30am
October 28 @ 10:30am

1	2	3	4	5
<p>9:30 - Core Strengthening & Posture (Fitness Center)</p> <p>10:15 - Cooking Club: Apple Crisp (Kitchen)</p> <p>1:00 - Catholic Service (Theater)</p> <p>2:00 - Resident Social (Bistro)</p> <p>3:15 - Golf (Fitness Center)</p> <p>4:00 - Trivia (Bistro)</p> <p>5:45 - Cribbage (Bistro)</p>	<p>ROSH HASHANAH</p> <p>9:30 - Seated Dance with Heather (Fitness Center)</p> <p>10:30 - Outing: Fall Foliage Ride (Signup at Front Desk)</p> <p>1:00 - Learning About Rosh Hashanah, the Jewish New Year (Living Room)</p> <p>2:00 - Live Music: Carol Ann Jones (Living Room)</p> <p>3:15 - Making Fall Wreaths (Art Studio)</p> <p>5:45 - Most Recent Episode of Dancing with the Stars (Living Room)</p>	<p>9:30 - Working with Weights (Fitness Center)</p> <p>10:30 - Biography Series: Groucho Marx (Living Room)</p> <p>1:15 - Song & Prayer with Pastor Bill (Theater)</p> <p>2:15 - Spelling Bee (Living Room)</p> <p>3:30 - Bocce (Fitness Center)</p> <p>5:45 - Games with Maggie (Bistro)</p>	<p>9:30 - Seated Yoga (Fitness Center)</p> <p>10:15 - Coffee Filter Marigolds (Art Studio)</p> <p>1:30 - Manicures (Art Studio, Signup at Front Desk)</p> <p>1:30 - Documentary: Drain the Oceans, Arctic Wars (Living Room)</p> <p>3:00 - Knitting Club (Library)</p> <p>4:00 - Can You See the Big Picture? (Living Room)</p>	<p>9:30 - Exercise for Balance (Fitness Center)</p> <p>10:30 - Gardening Club (Courtyard)</p> <p>10:30 - Games (Bistro)</p> <p>1:00 - Essex Alliance Church (Theater)</p> <p>1:15 - Balloon Volleyball (Fitness Center)</p> <p>2:30 - Bingo (Dining Room)</p> <p>3:45 - Deal or No Deal (Living Room)</p>



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Maple Ridge Lodge
ASSISTED LIVING

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6	7	8	9	10	11	12
<p>9:30 - Full Body Stretch (Fitness Center)</p> <p>10:30 - Who Am I? (Living Room)</p> <p>1:00 - National Geographic: Born Wild, The Next Generation (Theater)</p> <p>1:15 - Rummikub/ Dominoes (Bistro)</p> <p>2:30 - Family Feud (Bistro)</p> <p>3:45 - Bean Bag Toss (Fitness Center)</p>	<p>9:30 - Monday Morning Wakeup (Fitness Center)</p> <p>10:15 - Designing Parachutes (Art Studio)</p> <p>1:00 - Classical Music Matinee (Living Room)</p> <p>2:00 - Bowling (Fitness Center)</p> <p>3:00 - Origami Butterflies (Art Studio)</p> <p>4:00 - Watching Bob Ross (Living Room)</p>	<p>9:30 - Core Strengthening & Posture (Fitness Center)</p> <p>10:15 - Cooking Club: Pumpkin Roll (Kitchen)</p> <p>1:00 - Catholic Communion (Theater)</p> <p>2:00 - Resident Social (Bistro)</p> <p>3:00 - Trivia (Bistro)</p> <p>3:45 - Golf (Fitness Center)</p> <p>6:30 - Live Music: Vermont Freedom and Unity Chorus (Living Room)</p>	<p>9:30 - Seated Dance - Heather (Fitness Center)</p> <p>10:30 - Bob Ross Painting Party, Part 1 (Art Studio)</p> <p>1:00 - TV Reruns: The Waltons (Living Room)</p> <p>2:00 - Drum Circle (Fitness Center)</p> <p>3:15 - Seated Hockey (Fitness Center)</p> <p>4:00 - Scattegories (Living Room)</p> <p>5:45 - Most Recent Episode of Dancing with the Stars (Living Room)</p>	<p>9:30 - Working with Weights (Fitness Center)</p> <p>10:30 - Biography Series: "Babe" Didrikson Zaharias (Living Room)</p> <p>1:00 - Cranium Crunches (Living Room)</p> <p>2:00 - Making Fall Paper (Art Studio)</p> <p>3:30 - Bocce (Fitness Center)</p> <p>5:45 - Games with Maggie (Bistro)</p>	<p>9:30 - Seated Yoga (Fitness Center)</p> <p>10:15 - Charlie Brown and Other <i>Peanuts</i> Comics (Living Room)</p> <p>1:30 - Manicures (Art Studio, Signup at Front Desk)</p> <p>1:30 - Documentary: Drain the Oceans, The Mississippi (Living Room)</p> <p>3:00 - Knitting Club (Library)</p> <p>4:00 - Sing Along (Living Room)</p>	<p>9:30 - Exercise for Balance (Fitness Center)</p> <p>10:30 - Gardening Club (Bistro)</p> <p>10:30 - Games (Bistro)</p> <p>1:00 - Essex Alliance Church (Theater)</p> <p>1:15 - Darts (Fitness Center)</p> <p>2:30 - Bingo (Dining Room)</p> <p>3:45 - Jeopardy (Living Room)</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13	14	15	16	17	18	19
<p>9:30 - Full Body Stretch (Fitness Center)</p> <p>10:30 - Travel Series: Borneo (Living Room)</p> <p>1:00 - National Geographic: Little Giant (Theater)</p> <p>1:15 - Rummikub/ Dominoes (Bistro)</p> <p>2:30 - Pictionary (Living Room)</p> <p>3:45 - Balloon Tennis (Fitness Center)</p>	<p><u>INDIGENOUS PEOPLES' DAY</u></p> <p>9:30 - Monday Morning Wakeup (Fitness Center)</p> <p>10:15 - Making Dream Catchers (Art Studio)</p> <p>1:00 - Classical Music Matinee (Living Room)</p> <p>2:00 - The Heritage and History of Our Indigenous People (Living Room)</p> <p>3:30 - Visit with Pepper, the Therapy Dog (Bistro)</p> <p>4:00 - Watching Bob Ross (Living Room)</p>	<p>9:30 - Core Strengthening & Posture (Fitness Center)</p> <p>10:15 - Cooking Club: Pecan Pie Bars (Kitchen)</p> <p>1:00 - Catholic Service (Theater)</p> <p>2:00 - Resident Social: October Birthdays (Bistro)</p> <p>3:15 - Golf (Fitness Center)</p> <p>4:00 - Trivia (Bistro)</p> <p>5:45 - Cribbage (Bistro)</p>	<p>9:30 - Seated Dance with Heather (Fitness Center)</p> <p>10:30 - Trip to Hannaford (Lobby)</p> <p>1:00 - TV Reruns: Lassie (Living Room)</p> <p>2:00 - Live Music: Jazzou (Living Room)</p> <p>3:15 - DIY Clay Ghosts (Art Studio)</p> <p>5:45 - Most Recent Episode of Dancing with the Stars (Living Room)</p>	<p>9:30 - Working with Weights (Fitness Center)</p> <p>10:30 - Wellness Presentation (Flu/Covid Prevention) with Katie Jewett, Bayada (Theater)</p> <p>1:00 - Watercolor Painting (Living Room)</p> <p>2:15 - GeoGuesser Game (Living Room)</p> <p>3:30 - Bocce (Fitness Center)</p> <p>5:45 - Games with Maggie (Bistro)</p>	<p>9:30 - Seated Yoga (Fitness Center)</p> <p>10:15 - Wax Dipped Leaves (Art Studio)</p> <p>1:30 - Manicures (Art Studio, Signup at Front Desk)</p> <p>1:30 - Documentary: Drain the Oceans, Deadly Pacific (Living Room)</p> <p>3:00 - Knitting Club (Library)</p> <p>4:00 - Cranium Crunches (Living Room)</p>	<p>9:30 - Exercise for Balance (Fitness Center)</p> <p>10:30 - Flower Arranging (Bistro)</p> <p>1:00 - Essex Alliance Church (Theater)</p> <p>1:15 - Ping Pong (Bistro)</p> <p>2:30 - Bingo (Dining Room)</p> <p>3:45 - The Price Is Right (Living Room)</p>



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ASSISTED LIVING

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21	22	23	24	25	26
<p>9:30 - Full Body Stretch (Fitness Center)</p> <p>10:30 - Who Am I? (Living Room)</p> <p>1:00 - National Geographic: Saving Giraffes (Theater)</p> <p>1:15 - Rummikub/ Dominoes (Bistro)</p> <p>2:30 - Halloween Family Feud (Bistro)</p> <p>3:45 - Bean Bag Toss (Fitness Center)</p>	<p>9:30 - Monday Morning Wakeup (Fitness Center)</p> <p>10:15 - Origami Maple Leaves (Art Studio)</p> <p>1:00 - Classical Music Matinee (Living Room)</p> <p>2:00 - Resident Council Meeting (Dining Room)</p> <p>3:00 - Bowling (Fitness Center)</p> <p>4:00 - Watching Bob Ross (Living Room)</p>	<p>9:30 - Core Strengthening & Posture (Fitness Center)</p> <p>10:15 - Cooking Club: Homemade Cracker Jacks (Kitchen)</p> <p>1:00 - Catholic Communion (Theater)</p> <p>2:00 - Resident Social: Cracker Jacks, Ours vs Boxed (Bistro)</p> <p>3:15 - Golf (Fitness Center)</p> <p>4:00 - Trivia (Bistro)</p> <p>5:45 - Highlighting Local Photographers (Living Room)</p>	<p>9:30 - Seated Dance with Heather (Fitness Center)</p> <p>10:30 - Bob Ross Painting Party, Part 2 (Art Studio)</p> <p>1:00 - TV Reruns: Laverne & Shirley (Living Room)</p> <p>2:00 - Live Music: Dan Levine (Living Room)</p> <p>3:15 - Pumpkin Carving and Painting (Art Studio)</p> <p>5:45 - Most Recent Episode of Dancing with the Stars (Living Room)</p>	<p>9:30 - Working with Weights (Fitness Center)</p> <p>10:30 - Biography Series: Willie Mays (Living Room)</p> <p>1:30 - Outing: Phoenix Books (Signup @Desk)</p> <p>2:45 - Can You Guess the European Landmark? (Living Room)</p> <p>3:30 - Bocce (Fitness Center)</p> <p>5:45 - Games with Maggie (Bistro)</p>	<p>9:30 - Seated Yoga (Fitness Center)</p> <p>10:15 - Ghoulish Tassels (Art Studio)</p> <p>1:30 - Manicures (Art Studio, Signup at Front Desk)</p> <p>1:30 - Documentary: Drain the Oceans, Gulf of Mexico (Living Room)</p> <p>3:00 - Knitting Club (Library)</p> <p>4:00 - Classic Baseball Tunes (Living Room)</p>	<p>9:30 - Exercise for Balance (Fitness Center)</p> <p>10:30 - Gardening Club (Courtyard)</p> <p>10:30 - Games (Bistro)</p> <p>1:00 - Essex Alliance Church (Theater)</p> <p>1:15 - Shuffleboard (Fitness Center)</p> <p>2:30 - Bingo (Dining Room)</p> <p>3:45 - Wheel of Fortune (Living Room)</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
27	28	29	30	<u>HALLOWEEN</u> 31
<p>9:30 - Full Body Stretch (Fitness Center)</p> <p>10:30 - All About Animals: Bats (Living Room)</p> <p>1:00 - National Geographic: Unlikely Animal Friends, All in the Family (Theater)</p> <p>1:15 - Rummikub/ Dominoes (Bistro)</p> <p>2:30 - Pictionary (Living Room)</p> <p>3:45 - Balloon Tennis (Fitness Center)</p>	<p>9:30 - Morning Wakeup (Fitness Center)</p> <p>10:30 - Trip to Hannaford (Lobby)</p> <p>1:00 - Classical Music Matinee (Living Room)</p> <p>2:00 - Air Hockey (Fitness Center)</p> <p>3:30 - Visit with Pepper, the Therapy Dog (Bistro)</p> <p>4:00 - Watching Bob Ross (Living Room)</p> <p>6:15 - Outing: Driving to See Halloween Lights (Signup at Front Desk)</p>	<p>9:30 - Core Strengthening & Posture (Fitness Center)</p> <p>10:15 - Cooking Club: Pumpkin Pie (Kitchen)</p> <p>1:00 - Catholic Service (Theater)</p> <p>2:00 - Resident Social (Bistro)</p> <p>3:15 - Golf (Fitness Center)</p> <p>4:00 - Trunk or Treat (Outside between Lodge and Memory Care)</p>	<p>9:30 - Seated Dance - Heather (Fitness Center)</p> <p>10:15 - Collaging Fall Scenery (Art Studio)</p> <p>1:00 - TV Reruns: Green Acres (Living Room)</p> <p>2:00 - History of Classic Monster Movies (Living Room)</p> <p>2:00 - Candy Corn Ring Toss (Fitness Center)</p> <p>4:00 - Spooky Word Scramble (Living Room)</p> <p>5:45 - Most Recent Episode of Dancing with the Stars (Living Room)</p>	<p>9:30 - Working with Weights (Fitness Center)</p> <p>10:30 - Biography Series: Tim Burton (Living Room)</p> <p>1:00 - It's the Great Pumpkin, Charlie Brown (Living Room)</p> <p>1:30 - Remembering Halloween Costumes (Living Room)</p> <p>2:30 - Halloween Costume Contest (Bistro)</p> <p>3:30 - Bocce (Fitness Center)</p> <p>5:45 - Games with Maggie (Bistro)</p>