

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|---|--|--|---|--|--|--|
| <h1>October 2024</h1>   |  | 10:00 Gentle Stretch with Kathleen- CR <b>1</b><br>11:00 Game: Penny Ante with Kathleen - CR<br><b>1:00 State Rep Lindsay Sabadosa Answers Your Ballot Questions - CR</b><br><b>2:00 Outing: Park Hill Orchards: The Art of Fruit, Easthampton - sign up</b> | 10:00 Tai Chi / Alex - CR <b>2</b><br>11:00 Walking Group - Meet @ Reception<br>1:00 Bingo - CR (note time change)<br><b>2:00 Ice Cream Outing: Village Green - sign up</b><br><b>6:30 Mindful Meditation w/ Steph - Multi Purpose</b><br>6:30 Game: Tripoley | 10:00 Exercise with Lynne - Comm Room <b>3</b><br>10:00 Hand Massages w/Kathleen - sign up<br><b>2:00 Oktoberfest with Doug Schmolze with German Music/Food-CR</b><br>3:30 Blackjack- Laurels<br>6:30 Game: 5 Crowns   | 10:00 Foot Care Nurse <b>4</b><br><b>10:15 Exercise w/Julie - Care One Rehab - CR</b><br><b>2:00 Outing: Mike's Corn Maze - sign up</b><br>2:00 Movie: "About My Father" with Robert DeNiro - Comm Room<br>6:00 Game: Rummikub                   | 8:30 Omelettes/Danny CK - sign up<br>10:00 Bingo - CR<br><b>2:00 Entertainment: Larry Lewis / Guitar &amp; Vocals - Comm Room</b><br>3:30 Tech Help Sara -CR<br>6:00 Independent Film Group w/Monique  |
| 10:00 Chair Yoga w/ Alex - Comm Room <b>6</b><br>1:30 Mindful Meditation Steph- MR<br>2:00 Screening: The Pink Panther Returns - Community Room<br>3:00 Brownie Sundaes with Danny - MR                                       | 10:00 Weights Danny C <b>7</b><br>11:00 New Resident Orientation - Comm Rm<br>12:30 Music Monday @ Smith College: Hanif Lawrence, Tenor - sign up<br>1:30 Bingo - CR<br>3:00 Comedy Movie: "An Irish Wish" - CR<br>6:00 Qwirkle      | 10:00 Tai Chi w/Alex -CR <b>8</b><br>11:00 Rockridge Round Up All Are Welcome - CR<br>1:30 Guest Author Gwen Agna reads from her book "Finding Home: Words From Kids Seeking Sanctuary" - Comm Rm<br>3:00 Craft: Fall Wreaths with Kene - Comm Rm            | 10:00 Gentle Stretch with Kathleen - CR <b>9</b><br>11:00 Laurels Resident Meeting - Comm Rm<br>12:00 Lunch @ Tom's Hot Dogs - sign up<br>1:30 Bingo - CR<br><b>1:00 Outing: Hog Back Mountain, VT - sign up</b><br>6:30 Game: Tripoley                       | 10:00 Chair Yoga / Alex <b>10</b><br>11:00 Walking Group<br>11:00 Meadows Resident Meeting - Comm Room<br>1:00 Outing: MGM Casino - sign up<br>2:00 Name That Singer w/Kathleen - MR<br>3:30 Cider/Cookies - MR<br>6:30 Game: 5 Crown                                    | 10:00 Dance Separation <b>11</b><br>Sandra Berchulski - CR<br>11:00 VC Resident Meeting<br>2:00 Drum Circle with Tara Community Room<br>3:30 Celebrate Indigenous People with VC Resident Kathy O'Rourke - Community Room<br>6:00 Game: Rummikub | 10:00 Bingo - CR <b>12</b><br><b>2:00 Entertainment: Agawam Melody Band - Community Room</b><br>3:30 Sharing "Road Trip" Memories - CR<br>6:00 Independent Film Group with Monique - Laurels Basement  |
| 10:00 Chair Yoga with Alex - Comm Room <b>13</b><br>1:30 Mindful Meditation with Steph - MR<br>2:00 Church Service w/ Pastor Floyd - CR<br>3:00 Screening: Space Time Odyssey, Ep 5 - Community Room                          | 10:00 Weights with Danny - Comm Room <b>14</b><br>10:30 Hand Massages w/ Kathleen - sign up<br>1:30 Bingo - CR<br>2:00 Book Group Meets: "Caleb's Crossing"-Library<br>3:30 Outing: Grocery Shopping - sign up<br>6:00 Game: Qwirkle | 10:00 Gentle Stretch with Kathleen - CR <b>15</b><br>11:00 Walking Group - Meet @ Reception<br><b>2:00 Outing: Atkins Farms, Hadley - sign up</b><br><b>3:00 Catholic Mass with Father Kingsley - CR</b><br>3:00 Scrabble - Library                          | 10:00 Tai Chi w/Alex <b>16</b><br>Community Room<br>11:30 Lunch Outing: Taipei Hibachi - sign up<br>1:30 Bingo - CR<br>2:30 Outing: Wonderland Vintage Consignment Shop Easthampton - sign up<br>6:30 Game: Tripoley  | 10:00 Chair Yoga / Alex <b>17</b><br>11:00 Penny Ante - CK<br>1:30 Blackjack- Laurel<br>1:00 Outing: Vermont Country Store - sign up<br>3:00 Guest Speaker: John Feffer - Comm Room<br>6:30 Artists Reception Laurie Frazer & Isabel Margolin - CR<br>6:30 Game: 5 Crown | 10:15 Exercise w/Julie <b>18</b><br>Care One Rehab -CR<br><b>2:00 Entertainment: Farley String Band- CR</b><br>3:15 Documentary: "The Last Forest" - CR<br>3:30 Scrabble - Library<br>6:00 Game: Rummikub  | 9:00 Memory Caregivers <b>19</b><br>Group w/Amanda Mullen - Multi Purpose Room<br>10:00 Bingo - CR<br>10:30 Memory Changes Support Group - MR<br>2:00 Sara The Fiddler - CR<br>4:00 Piano Concert with Noah - Comm Room<br>6:00 Indep Film - Laurels |
| 10:00 Chair Yoga with Alex - Comm Room <b>20</b><br>1:30 Mindful Meditation with Steph - MR<br>2:00 Church Service w Pastor Floyd - CR<br>3:00 Screening: Space Time Odyssey, E6 - CR<br>3:00 Brownie Sundaes with Danny - MR | 10:00 Weights with Danny - Comm Room <b>21</b><br>1:30 Bingo - CR<br><b>3:30 Go Green Committee Meets Come with your ideas. All are welcome - Community Room</b><br>6:30 Qwirkle   | 10:00 Gentle Stretch Kathleen-Meadow Bsmt <b>22</b><br>11:00 Rockridge Round-Up All Are Welcome<br>2:00 Mass Audubon's Patti Steinman: Squirrels and Chipmunks - CR<br>3:00 Walking Group<br>3:00 Rootbeer Floats with Danny - MR                            | 10:00 Tai Chi w/Alex <b>23</b><br>Community Room<br>11:30 Lunch @ Paul & Elizabeth's - sign up<br>1:30 Bingo - CR<br>3:00 Music Memories: Come with your favorite songs for us to play - MR<br>6:30 Game: Tripoley  | 10:00 Chair Yoga with Alex - Comm Room <b>24</b><br>11:00 Walking Group - Meet @ Reception<br><b>2:00 Entertainment: Jimmy Mazz - CR</b><br>3:30 Circle of Life with Kathleen - MR<br>6:30 Game: 5 Crown   | 10:15 Exercise w/Julie <b>25</b><br>Care One Rehab - CR<br><b>1:00 Forest Park Zoo Visits - Comm Room</b><br>2:00 Screening: "The Choice; 2024 Harris VS Trump" PBS<br>Frontline Series - CR<br>6:00 Game: Rummikub                              | 8:30 Omelettes w/Danny CK - sign up<br>10:00 Bingo Bash!<br><b>2:00 Entertainment: Bill Shontz - Comm Room</b><br>3:30 Drawing: Day of the Dead Sugar Skulls Meadows Basement<br>6:00 Independent Film Group with Monique -                          |
| 10:00 Chair Yoga with Alex - Comm Room <b>27</b><br>1:30 Mindful Meditation with Steph - MR<br>2:00 Church Service w/ Pastor Floyd - CR<br>3:00 Screening: Young Frankenstein - CR  | 10:00 Weights with Danny - Comm Room <b>28</b><br>11:00 Card Game: Acey Duecy - CK<br>1:30 Bingo - CR<br>2:45 Memorabilia with Pat - Comm Room<br>6:00 Game: Qwirkle   | 10:00 Crystal Singing Bowls & Guided Meditation w/Jodi - Laurels Basement <b>29</b><br>11:00 Walking Group - Meet @ Reception<br><b>1:00 Outing: Holyoke Mall - sign up</b><br>3:00 Mahjong - Library  | 10:00 Tai Chi with Alex - Comm Room <b>30</b><br>11:00 Scam Alert with the District Attorney's Office - Comm Room<br>1:30 Bingo - CR<br>3:00 Music Documentary - CR<br>6:30 Game: Tripoley  | 10:00 Exercise with Alex - Comm Room <b>31</b><br>2:00 Halloween Party: Resident & Staff Costume Contest - CR<br>3:30 Blackjack - Laurels Basement<br>6:30 Game: 5 Crown   | <h1>Laurels Meadows Violette's Crossing</h1>   |  |