




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
10:30 Chair Yoga 1 11 Int'l. Coffee Day: Java Bar & Nibbles from Afar 11:30 Hymns to Him 1:30 Babe Ruth- There's Lots to Know & 4 H Helps Many Grow Coming to You (1 st , 2 nd & 3 rd fls) 2 Table Games (resident led) 6 Movie Night (theatre)	10 Exercise 2 10:30 This Day in History 11 Putting Your Mind at Ease from Music to Meditation 1:30 Bingo 3 Dice <i>Bowling</i> 4 Showtune Star Spotlight on Julie Andrews	10 Reach & Stretch 3 10:30 Joe Name It 11 Garden Box Growers (meet on the back patio) 1:30 Manicures, Music & Hand Massages 3 Standing Balance 6 Game Night (resident led)	10 Easy Cardio Exercises 4 10:30 Oddly Obvious Game 11 10-4 Good Buddy, Roger That (blasts from the past) 1:30 Signs of The Season: Watercolor Painting 3:30 Seven Worlds, One Planet- Africa (theatre)	10 Exercise 5 10:30 Activity Meeting 11 Resident Council Meeting 1:30 Outing: Landis Market (Sign up by 9 am on 2 nd fl. theatre) 2:30 Mandalas & Mood Music 4 Ping Pong Box Toss	10 Sit & Be Fit 6 10:30 Music Trivia 11 All About October 1:30 Nix The 6 Game 2:30 Back by Popular Demand! Chili Masters Contest and Sample Social 4 Mexican Train Dominoes (resident led)	10:30 Exercise 7 11 Playing Card Lotto 1:30 Yo-Yo Ma is So Cool & Do Right-Brainers Really Rule Coming to You (1 st , 2 nd & 3 rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)	
10:30 Exercise 8 11 Gizmos & Gadgets Guessing Game 11:30 Musical Masterpieces 1:30 Boost Your Brain & Eights the Name Coming to You (1 st , 2 nd & 3 rd fls) 2 Bible Baptist Church Service (1st fl. Lounge) 6 Movie Night (theatre)	10 Exercise 9 10:30 Who <i>really</i> Discovered America? 11 Wordle Challenge 1:30 Bingo 3 Indoor/Outdoor Walk or Roll Challenge (meet in lobby) 4 Finishing Lyrics <i>Columbus/ Indigenous Peoples Day</i>	10 Reach & Stretch 10 10:30 Kwizniak Trivia Game 11 Garden Box Growers (meet on the back patio) 1:30 Manicures, Music & Hand Massages 3 Ring It to Win It 6 Game Night (resident led)	10 Easy Cardio Exercises 11 10:30 I Should Have Known That Trivia 11 Good News in Review 1:30 Art Expression: 3D Designs & Eerie Signs 3:30 Armchair Travel: Discovering Egypt (theatre)	10 Bible Study w/ Penny 12 (1 st fl lounge) 10:30 Couponing for A Cause 11 The Logo Game (1 st fl. lg.) 1:30 Sure Shot Hole in One Golf Challenge 2:30 Farewell Festivity 4 Karaoke Sing Along 6 Jingo Game Night	10 Sit & Be Fit 13 10:30 Superstitiously Speaking 11 Melodies & Memories of Lindsey Buckingham 1:30 Relax & Rejuvenate with Guided Meditation (theatre) 2:30 October Birthday Social (café) 4 Mexican Train Dominoes (resident led)	10:30 Chair Tai Chi 14 11 Scarecrow Saturday (help us make scarecrows to put on display) 1:30 Peace Prize Day & The Polish American Heritage Way Coming to You (1 st , 2 nd & 3 rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)	
10:30 Chair Yoga 15 11 Bible Bingo 11:30 Contemporary Christian Hits 1:30 Penny Marshall We'd Love to Know & Celebrating the Lucy Show Coming to You (1 st , 2 nd & 3 rd fls) 2 Table Games (resident led) 6 Movie Night (theatre)	10 Exercise 16 10:30 Top Bosses in Business & CEO's That Had to Go 11 Popular Poetry & Lost Letters of Love 1:30 Bingo 3:30 Indoor/Outdoor Walk or Roll Challenge (meet in lobby)	10 Reach & Stretch 17 10:30 Fact or Fiction 11 Garden Box Clean Out (meet on the back patio) 1:30 St. Agnes Church Mass (1st floor lounge) 3 RC Racers (front porch) 6 Game Night (resident led)	10 Easy Cardio Exercises 18 10:30 That's It (Guessing Game) 11 Daily Chronicles & Doses of Laughter 1:30 Making Treats for The Pretty in Pink Bake Sale 3:30 Rejuvenate & Recharge: Relaxing Sights & Soothing Sounds (theatre)	10 Bible Study w/ Penny 19 (1 st fl lounge) 10:30 Puzzlers Challenge 11:15 Out to Lunch: Luberto's (Sign up by 8 am on 2 nd fl. theatre) 1:30 Mosaic Sticker Pictures 2:30 Uno with A Twist 4 Remember When	10 Sit & Be Fit 20 10:30 Patchwork Pumpkins 11-2 (or sold out) Pretty in Pink Bake Sale in Honor of Breast Cancer Awareness Mo. 1:30 Color-ful Topography Designs & Music of The Times 2:30 Scrabble Poker 4 Mexican Train Dominoes (resident led)	10:30 Exercise 21 11 Creative Crafting: Autumn Suncatchers 1:30 Which Top Cat Would Take It Away & Dizzy Gillespie Day Coming to You (1 st , 2 nd & 3 rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)	
10:30 Exercise 22 11 Niki & Miss JoJo Pet Therapy Visit 11:30 Gospel Greats 1:30 Lone Star State & Don't Be Late Coming to You (1 st , 2 nd & 3 rd fls) 2 Table Games (resident led) 6 Movie Night (theatre)	10 Exercise 23 10:30 Minute Mysteries: You Be the Sleuth 11 Make Bird Seed Cakes for Our Feathered Friends 1:30 Bingo 3:30 Indoor/Outdoor Walk or Roll Challenge (meet in lobby)	10 Reach & Stretch 24 10:30 Name 5 11 Mums the Word: The Most Popular Flower of Autumn 1:30 Manicures, Music & Hand Massages 3 Standing Balance 6 Game Night (resident led)	10 Easy Cardio Exercises 25 10:30 Famous & Infamous- Who Am I? 11 Rebound Shuffleboard 1:30 Create & Take: Mini Pumpkin Decorating 3:30 Seven Worlds, One Planet- Asia (theatre)	10 Bible Study w/ Penny 26 (1 st fl lounge) 10:30 Hidden Pictures 11 Strange but True (1 st fl. lg.) 1:30 Leaf Peepers Outing to View Fall Foliage (Sign up by 9 am on 2 nd fl. theatre) 2:30 Chalk Style Designs 4 Wii Fun & Games (theatre) 6 Music & Songs by Entertainer Rob Ballonoff	10 Sit & Be Fit 27 10:30 Off Topic Word Game 11 <i>Basket Ball</i> 1:30 Relax & Rejuvenate with Guided Meditation (theatre) 2:30 Chef's Demo & Sample Social 4 Mexican Train Dominoes (resident led)	10:30 Chair Tai Chi 28 11 Hollywood Ringo Game 1:30 Red Hair & Freckles- A Genetic Trait & Movies of the Decades and How They Rate Coming to You (1 st , 2 nd & 3 rd fls) 2:30 Saturday Afternoon Social (café)	
10:30 Chair Yoga 29 11 Biblical Facts & Fun 11:30 Hymn Sing 1:30 Mischief, Mayhem & Puzzle Galore Coming to You (1 st , 2 nd & 3 rd fls) 2 Table Games (resident led) 6 Movie Night (theatre)	10 Exercise 30 10:30 This Day in History 11 Three of A Kind 1:30 Bingo 3 Indoor/Outdoor Walk or Roll Challenge (meet in lobby) 4 Pray the Rosary (theatre)	10 Reach & Stretch 31 10:30 Which Witch is it 11 Costume Creations 1:30 Reverse Trick or Treat: We'll Come to You! 2:30 Halloween Costume Contest & Social (café) 3:30 Spooky Scavenger Hunt (meet in lobby) 6 Game Night (resident led) Halloween	 HIDDEN MEADOWS ON THE RIDGE By Discovery Senior Living		 October 2023		 CELEBRATIONS ACTIVITIES & EVENTS

Please Note: Outdoor activities are weather permitting and calendar is subject to change.

Dawn Mason, Director of Celebrations, Recreation & Events (215) 257-6701 Ext. 114