

The Meadows

October 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 10:30 Skype Sessions 11:00 The Meadows Prayer Service 1:00 Exercise Class 2:45 Fall Color Tour 4:30 Friendly Visits	2 10:30 Gentle Stretch Class 11:00 Walking Club 1:00 I Love Lucy 2:45 Baking Class 4:30 Laundry Folding 7:00 Evening Fun	3 <i>Fall Outing</i> 10:30 Hand Weight Exercise Class 11:00 Cider Mill 1:00 Friendly Visits 2:30 Beauty Hour 4:30 Meaningful Moments	4 10:30 Creative Expressions 11:00 Walking Club 1:30 Muscles In Motion 2:30 Baking Class 4:30 Friendly Visits 7:00 Evening Fun	5 10:30 Exercise Class 11:00 Mind Joggers 1:30 Adult Coloring 2:30 Walking Club 4:30 Spelling Bee 6:30 Friday Night Movie	6 10:30 Bingo 11:00 Walking Club 1:30 Gentle Stretch Class 2:30 Fall Foods 4:30 Friendly Visits 7:00 Evening Fun	
7 10:00 Sunday Stretch 1:00 Jingo 2:00 Sunday Service in St. Luke's Chapel 3:00 Trick Or Treat Bags 7:00 Canterbury Cinema	8 10:30 Skype Sessions 11:00 The Meadows Prayer Service 1:00 Exercise Class 2:45 Fall Color Tour 4:30 Friendly Visits	9 10:30 Gentle Stretch Class 11:00 Walking Club 1:00 Planet Earth 2:45 Bowling Tournament 4:30 Daily Chronicle 7:00 Evening Fun	10 10:30 Hand Weight Exercise Class 11:00 Walking Club 1:00 Friendly Visits 2:30 Beauty Hour 4:30 Meaningful Moments	11 10:30 Creative Expressions 11:00 Walking Club 1:30 Muscles In Motion 2:30 Baking Class 4:30 Friendly Visits 7:00 Evening Fun	12 10:30 Exercise Class 11:00 Mind Joggers 1:30 Adult Coloring 2:30 Walking Club 4:30 Keep Them Laughing 6:30 Friday Night Movie	13 10:30 Bingo 11:00 Walking Club 1:30 Gentle Stretch Class 2:30 Fall Cookies 4:30 Friendly Visits 7:00 Evening Fun	
14 10:00 Sunday Stretch 1:00 Pumpkin Pies 2:00 Sunday Service in St. Luke's Chapel 7:00 Canterbury Cinema Channel 3 Movie	15 10:30 Skype Sessions 11:00 The Meadows Prayer Service 1:00 Exercise Class 2:45 Fall Color Tour 4:30 Friendly Visits	16 10:30 Gentle Stretch Class 11:00 Walking Club 1:00 Jigsaw Puzzling 2:45 Watercolor Painting 4:30 Reminiscing 7:00 Evening Fun	17 <i>Lunch Outing</i> 10:30 Hand Weight Exercise Class 11:00 Lunch Outing 1:00 Friendly Visits 2:30 Beauty Hour 4:30 Meaningful Moments	18 10:30 Creative Expressions 11:00 Walking Club 1:30 Muscles In Motion 2:30 Baking Class 4:30 Friendly Visits 7:00 Evening Fun	19 10:30 Exercise Class 11:00 Mind Joggers 1:30 Adult Coloring 2:30 Walking Club 4:30 October In History 6:30 Friday Night Movie	20 10:30 Bingo 11:00 Walking Club 1:30 Gentle Stretch Class 2:30 Costumes & Smiles 4:30 Friendly Visits 7:00 Evening Fun	
21 10:00 Sunday Stretch 1:00 Halloween Trivia 2:00 Sunday Service in St. Luke's Chapel 3:00 Pumpkin Cheesecake 7:00 Canterbury Cinema	22 10:30 Skype Sessions 11:00 The Meadows Prayer Service 1:00 Exercise Class 2:45 Fall Color Tour 4:30 Friendly Visits	23 10:30 Gentle Stretch Class 11:00 Walking Club 1:00 Pumpkin Painting 2:45 Balloon Volley Exercise 4:30 Trivia 7:00 Evening Fun	24 10:30 Hand Weight Exercise Class 11:00 Walking Club 1:00 Friendly Visits 2:30 Beauty Hour 4:30 Meaningful Moments	25 10:30 Creative Expressions 11:00 Walking Club 1:30 Muscles In Motion 2:30 Baking Class 4:30 Friendly Visits 7:00 Evening Fun	26 10:30 Exercise Class 11:00 Mind Joggers 1:30 Adult Coloring 2:30 Walking Club 4:30 Name That Candy 6:30 Friday Night Movie	27 10:30 Bingo 11:00 Walking Club 1:30 Gentle Stretch Class 2:30 Fun Fall Facts 4:30 Friendly Visits 7:00 Evening Fun	
28 10:00 Sunday Stretch 1:00 Apple Sauce 2:00 Sunday Service in St. Luke's Chapel 7:00 Canterbury Cinema Channel 3 Movie	29 10:30 Skype Sessions 11:00 The Meadows Prayer Service 1:00 Exercise Class 2:45 Fall Color Tour 4:30 Friendly Visits	30 10:30 Gentle Stretch Class 11:00 Walking Club 1:00 October In History. 2:45 The Year Was 4:30 Coupon Clipping 7:00 Evening Fun	31 <i>Happy Halloween</i> 10:30 Gentle Stretch Class 11:00 Halloween Traditions 1:00 I Love Lucy 2:45 Baking Class 4:30 Meaningful Moments Reminiscing				