

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 10:30 Mindful Movement 11:15 Cranium Crunches 1:30 Work of heART 2:30 Cards 3:30 Balloon volley	<b>2</b> 10:30 Mindful Movements 11:15 Word games 1:30 <i>Giving Back:</i> dog treats 2:30 Bible study 3:30 Bowling <small>Simchat Torah</small>	<b>3</b> 10:30 Mindful Movements 11:00 Coffee with a cop 1:30 Home Econ club 2:30 BINGO 3:30 Walking club	<b>4</b> 10:30 Mindful Movements 11:15 What's in the bag? 1:30 Bake a pie 2:30 <b>Live entertainment</b> 3:30 Seated Yoga	<b>5</b> 10:30 Mindful Movements 11:15 UNO 1:30 Mindful Moments Crafts 2:30 Happy hour 3:30 Seated boxing	<b>6</b> 10:30 Mindful Movements 11:15 Puzzles 1:30 Painting 2:30 Tour of the country 3:30 Kickball
<b>7</b> 10:30 Mindful Movements 11:15 Meditative coloring 1:30 Trivia 3:00 Pilgrim Baptist Church service 4:00 Weight training	<b>8</b> 10:30 Mindful Movement 11:15 Cranium Crunches 1:30 Work of heART Halloween wreaths 2:30 Cards 3:30 Balloon volley <small>Columbus Day (US) Thanksgiving Day (Canada)</small>	<b>9</b> 10:30 Mindful Movements 11:15 Word games 1:30 <i>Giving Back:</i> staff appreciation 2:30 Bible study 3:30 Communion	<b>10</b> 10:30 Mindful Movements 11:15 Left, Right, Center 1:30 Home Econ club Make jewelry 2:30 BINGO 3:30 Walking club	<b>11</b> 10:30 Mindful Movements 11:15 What's in the bag? 1:30 <i>Meet Our Staff</i> party 2:30 Discussion group 3:00 Songfest	<b>12</b> 10:30 Mindful Movements 11:15 UNO 1:30 Mindful Moments Crafts: press leaves 2:00 <b>Live entertainment</b> 3:30 Seated boxing	<b>13</b> 10:30 Mindful Movements 11:15 Puzzles 1:30 Painting 2:30 Tour of the country 3:30 Kickball
<b>14</b> 10:30 Mindful Movements 11:15 Meditative coloring 1:30 Trivia 3:00 New Direction Church service 4:00 Weight training	<b>15</b> 10:30 Mindful Movement H 11:15 Resident council 1:30 Paint pumpkins 2:30 Cards 3:30 Balloon volley	<b>16</b> 10:30 Mindful Movements 11:15 Word games 1:30 <i>Giving Back:</i> birdfeeders 2:30 Bible study 3:30 Bowling	<b>17</b> <b>Health Fair 1:00 &amp; 5:00</b> 10:30 Mindful Movements 11:15 Left, Right, Center 1:30 Home Econ club 2:30 BINGO 3:30 Walking club	<b>18</b> 10:30 Mindful Movements 11:15 What's in the bag? 1:30 Bake bread 2:30 Discussion group 3:30 Seated Yoga	<b>19</b> 10:30 Mindful Movements 11:15 UNO 1:30 Mindful Moments Craft Flower arranging 2:30 <b>Live entertainment</b> 3:30 Seated boxing	<b>20</b> 10:30 Mindful Movements 11:15 Puzzles 1:30 Painting 2:30 Tour of the country 3:30 Kickball
<b>21</b> 10:30 Mindful Movements 11:15 Meditative Coloring 1:30 Trivia 3:00 New Home Missionary Church service 4:00 Weight training	<b>22</b> 10:30 Mindful Movement 11:00 Book Club Interest group 1:30 Work of heART Scarecrow 3:00 Trick or Treat?	<b>23</b> 10:30 Mindful Movements 11:15 Word Games 1:30 <i>Giving Back:</i> Juice boxes for kids 2:30 Bible Study 3:30 Bowling	<b>24</b> 10:30 Mindful Movements 11:15 Left, Right, Center 1:30 Cider mill 2:30 BINGO 3:30 Walking club	<b>25</b> 10:30 Mindful Movements 11:15 What's in the bag? 1:30 Bake a cake 2:30 <b>Resident birthday celebration</b>	<b>26</b> 10:30 Mindful Movements 11:15 UNO 1:30 Mindful Moments Crafts 2:30 Tea party 3:30 Seated Boxing	<b>27</b> 10:30 Mindful Movements 11:15 Puzzles 1:30 Painting 2:30 Tour of the country 3:30 Kickball
<b>28</b> 10:30 Mindful Movements 11:15 Meditative coloring 1:30 Trivia 3:00 South Church service 4:00 Weight training	<b>29</b> 10:30 Mindful Movement 11:00 Cards 1:30 Work of heART: masks 3:00 Trick or Treat	<b>30</b> 10:30 Mindful Movements 11:15 Spelling Bee 1:30 <i>Giving Back:</i> Halloween decorations 2:30 Bible Study 3:30 Bowling	<b>31</b> 10:30 Mindful Movements 11:15 Left, Right, Center 1:00 <b>Masquerade party</b> 3:30 Walking club <small>Halloween</small>	<b>October 2018</b> <b>Grandhaven Living Center</b> Lighthouse, Pier, Harbor		