

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Netflix Movies shown every Wednesday at 6:00pm in the Bistro on First Floor See the Daily Sheet for Movie Title		10:00 Chair Yoga-B 2:00 Goofy Baseball Jokes & Sayings - B 6:00 Discovery with Donna - L	10:00 WU: Muscular/Skeletal & Exercise w/ Wade - B 10:30- Weis Trip 2:00 October IQ and Gazette- Bistro	10:00 Stretching & Balance - Bistro 2:00 Horticulture 3:00 WU: Traditions & Celebrating Rosh Hashanah - B	10:00 Building Muscle with Weights-B 3:00 Happy Hour - B	10:30 Word Games with Theresa - B Independent Word Games Available in the Bistro
10:00 Communion with Lucy - B	10:00 Seated Aerobics - B 2:30 John Conklin-Singer - Bistro 3:45 WU: Cards for Life Discussion Starter - B	10:00 Chair Yoga-B 2:00 WU: Learning About Owls - B 3:00 Large Crossword Puzzle - B 6:00 Discover w Donna-L	10:00 Coordination & Agility Training-B 11:30 Firebirds Lunch Trip 3:00 The Year is 1950 - B	10:00 Stretching & Balance - Bistro 2:00 Book Worms Club - B 3:00 Activity Planning - Bistro 6:15 Bingo - DR	10:00 Building Muscle w/Weights-B 3:00 Happy Hour and Massages - B 4:00 Learning About Yum Kippur - B	Independent Word Games Available in the Bistro
10:00 Communion with Lucy - B	10:00 Seated Aerobics- 2:00 The Spice of Life(Cooking Demo) B 3:00 WU: The Story of Indigenous People- B	10:00 Chair Yoga-B 1:15 Freddy Hill Farm Trip 3:00 Tic Tac Toe 6:00 Discovery with Donna - L	10:00 Coordination & Agility Training-B 2:00 Resident Council - Bistro 2:30 BBP Store- B 3:00 Checkers - B	10:00 Stretching & Balance - Bistro 1:30 Making Bats - Bistro 2:30 WU: The Power of Positive Thinking-B 6:15 Bingo - DR	Wear Pink Day 10:00 Building Muscle w/Weights-B 3:00 Happy Hour - 6:45 Night of Orchestra Trip	Independent Word Games Available in the Bistro
10:00 Communion with Lucy - B	10:00 Seated Aerobics - B 2:00 WU: Babe Ruth's Legacy - B 3:00 Meeta- Singer - Bistro	10:00 Chair Yoga-B 10:30- Walmart Trip 2:00 Halloween Feud - B 6:00 Discovery with Donna - L	10:00 Coordination & Agility Training-B 10:30 Nail Salon 2:00 Word Mining-B 3:00 WU: Vincent Van Gogh- The Mar	10:00 Stretching & Balance - Bistro 11:15 William Penn Inn Lunch Trip 3:00 Corn Hole 6:15 Bingo - DR	10:00 Building Muscle w/Weights-B 3:00 Happy Hour and Birthday Party - Bistro	10:00 Stretching & Weights - B 11:00 Dominoes - B Independent Word Games Available in the Bistro
10:00 Communion with Lucy - B 2:00 Eagles vs. Bengals Tailgate Party - B	10:00 Seated Aerobics - B 10:30 Dollar Tree 2:00 Live Exotic Animals - TBD	Kids Trick or Treating 10:00 Chair Yoga-B 2:00 Pumpkin Decorating - B 6:00 Discovery with Donna - L	10:00 Coordination & Agility Training-B 2:00 WU: The Origins of Halloween 3:00 Cider & Donuts - Bistro	10:00 Stretching & Balance - Bistro 2:00 Halloween Party with DJ Betsy-Bistro 6:15 Bingo - DR	Calendar is Subject to Change See Daily Calendar in Lobby for most accurate schedule!	

OCTOBER 2024
Traditional
 **BLUE BELL PLACE**
A WATERMARK RETIREMENT COMMUNITYSM

ACTIVITY LOCATOR KEY
 Activity Locator Key:
 L - Lobby
 DR - Dining Room
 B - 1st Floor Bistro
 P - Patio

Manicures every Wednesday by appointment. Sign up at the front

Every Wednesday evening join your friends for some jigsaw puzzle therapy in the Bistro