

October 2026

Member Led Groups:
Tom and Rogers Music Group
Diabetes Group w/Libby
Arts and Crafts w/Lori

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <u>9:00-11:00</u> Continental Breakfast <u>10:30-11:00</u> Good Morning News <u>11:00-12:00</u> Bracelet Making w/Steph <u>12:00-1:30</u> Lunch <u>2:00-4:00</u> Board Games	2 <u>9:00-11:00</u> Continental Breakfast <u>10:30-11:00</u> Good Morning News <u>10:30-11:30</u> Dollar Tree w/Denise <u>11:00-12:00</u> Word Puzzles <u>12:00-1:30</u> Lunch <u>2:00-4:00</u> Specialty Coffee & Chat
5 <u>9:00-11:00</u> Continental Breakfast <u>10:30-11:00</u> Good Morning News <u>11:00-12:00</u> Tom & Rogers Music <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Uno w/Denise <u>3:00-4:00</u> Game time!	6 <u>9:00-11:00</u> Continental Breakfast <u>10:30-11:00</u> Good Morning News <u>11:00-12:00</u> Boundaries w/Steph <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Halloween Jeopardy w/Steph <u>3:00-4:00</u> Game time!	7 <u>9:00-11:00</u> Continental Breakfast <u>10:30-11:00</u> Good Morning News <u>11:00-12:00</u> Halloween Pom-Pom Pals w/Steph <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Chair Movement w/Steph <u>3:00-4:00</u> Game time!	8 <u>9:00-11:00</u> Continental Breakfast <u>10:30-11:00</u> Good Morning News <u>11:00-12:30</u> Coping Skills w/Steph <u>12:00-1:30</u> Lunch/ Members Meeting <u>2:00-4:00</u> CLUE!!!	9 <u>9:00-11:00</u> Continental Breakfast <u>8:30-2:00</u> CSP w/Steph <u>10:30-11:00</u> Good Morning News <u>11:00-12:00</u> Coloring Pages <u>12:00-1:30</u> Lunch <u>2:00-4:00</u> MOVIE DAY: HALLOWEEN CHOICE w/POPCORN!!!
12 <u>9:00-11:00</u> Continental Breakfast <u>10:30-11:00</u> Good Morning News <u>11:00-12:00</u> Tom & Rogers Music <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Wii Bowling w/Denise <u>3:00-4:00</u> Game time!	13 <u>9:00-11:00</u> Continental Breakfast <u>10:30-11:00</u> Good Morning News <u>11:00-12:00</u> Stress Management w/Steph <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Halloween Family Feud w/Steph <u>3:00-4:00</u> Game time!	14 <u>9:00-11:00</u> Continental Breakfast <u>10:30-11:00</u> Good Morning News <u>11:00-12:00</u> Halloween Arts and Crafts w/Lori <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Wellness Writing w/Steph <u>3:00-4:00</u> Game time!	15 <u>9:00-11:00</u> Continental Breakfast <u>10:30-11:00</u> Good Morning News <u>11:00-12:00</u> DBT Skills w/Steph <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> COOKING CLUB: HALLOWEEN COOKIES <u>3:00-4:00</u> Game time!	16 <u>9:00-11:00</u> Continental Breakfast! <u>10:30-11:00</u> Good Morning News <u>11:00-12:00</u> Diabetes Group w/Libby <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Surprise Song Karaoke!!!! <u>3:00-4:00</u> Game time!
19 <u>9:00-11:00</u> Continental Breakfast <u>10:30-11:00</u> Good Morning News <u>11:00-12:00</u> Tom and Rogers Music <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Halloween Pictionary w/Denise <u>3:00-4:00</u> Game time!	20 <u>9:00-11:00</u> Continental Breakfast <u>10:30-11:00</u> Good Morning News <u>11:00-12:00</u> Seasonal Mood Changes w/Steph <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Werewolf game w/Steph <u>3:00-4:00</u> Game time!	21 <u>9:00-11:00</u> Continental Breakfast <u>10:30-11:00</u> Good Morning News <u>11:00-12:00</u> Mental Relapse w/Don <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Pumpkin Decorating w/Steph <u>3:00-4:00</u> Game time!	22 <u>9:00-11:00</u> Continental Breakfast <u>10:30-11:00</u> Good Morning News <u>11:00-12:00</u> Grounding Techniques w/Steph <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Ask-It Basket w/Noreen <u>3:00-4:00</u> Game time!	23 <u>9:00-11:00</u> Continental Breakfast! <u>10:30-11:00</u> Good Morning News <u>11:00-12:00</u> Candle Making @ PSquare Scents w/Steph <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> OPEN MIC DAY!!! <u>3:00-4:00</u> Game time!
26 <u>9:00-11:00</u> Continental Breakfast <u>10:30-11:00</u> Good Morning News <u>11:00-12:00</u> Tom and Rogers Music <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Halloween Guess the Word w/Denise <u>3:00-4:00</u> Game time!	27 <u>9:00-11:00</u> Continental Breakfast <u>10:30-11:00</u> Good Morning News <u>11:00-12:00</u> Facing your Fears w/Steph <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Halloween Headbands Game w/Steph <u>3:00-4:00</u> Game time!	28 <u>9:00-11:00</u> Continental Breakfast <u>10:30-11:00</u> Good Morning News <u>11:00-12:00</u> Recovery ball w/Don <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Halloween Chardes w/Steph <u>2:00- 4:00</u> Board Games	29 <u>9:00-11:00</u> Continental Breakfast <u>10:30-11:00</u> Good Morning News <u>11:00-12:00</u> Halloween Would you Rather w/Steph <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Spooky Story Mad-Libs w/Steph <u>2:00- 4:00</u> Board Games	30 <u>9:00-11:00</u> Continental Breakfast <u>10:30-11:00</u> Good Morning News <u>11:00-12:00</u> BINGO w/Denise <u>12:00-1:30</u> Lunch <u>2:00-4:00</u> HALLOWEEN/OCTOBER BIRTHDAY PARTY!!!!

