

Sunday

Monday

Tuesday

Wednesday

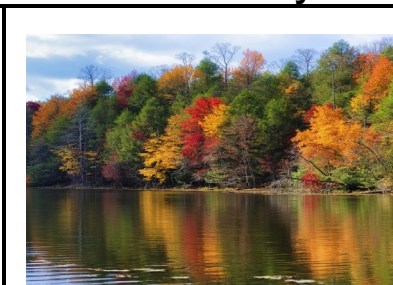
Thursday


Friday

Saturday

# October 2021

## Happy Fall, Y'all!



<p><b>3</b></p> <p><b>10:30 The Honey Festival</b></p> <p>4:00 Vespers service MPR</p>	<p><b>4</b></p> <p>9:15 Wellness at Home Video on Channel 7 9:00-11:00 Supervised Exercise WLR 9:30 Strength class <b>10:00 Seated Strength</b> 1:00 Better Balance 1:30 Seated Yoga 2:00 Catholic Communion 7:00 Movie Night</p>	<p><b>5</b></p> <p>9:30 Low Impact Aerobics 10:30-11:30 Supervised Exercise WC 11:00 Bible Study with Beth Newman MPR 1:00 Bridge 4:00 Social Hour with Joey Boone (Fall Theme)</p>	<p><b>6</b></p> <p>9:00-11:00 Supervised Exercise WLR 9:30 Strength Class 10:00 Low Impact Aerobics <b>1:30 Music for Seniors Concert</b> 1:00 Better Balance 1:30 Seated Yoga <b>Dinner 5:00 and 6:30 MPR</b></p>	<p><b>7</b></p> <p>9:30 Cardio Sculpt 10:30-11:30 Supervised Exercise WC 11:15 Netflix Series "The Kominsky Method" 1:30 Bingo</p>	<p><b>1</b></p> <p>9:00-11:00 Supervised Exercise 9:15 Wellness at Home Video on Channel 7 10:00 Men's Group GR 11:00 Bill Ferrari Music History MPR 1:30 Doc Martin MPR <b>Dinner 5:00 and 6:30 MPR</b></p>	<p><b>2</b></p> <p>7:00 Music on Saturday</p>
<p><b>10</b></p> <p><b>2:00 Blakeford's 25<sup>th</sup> Anniversary</b></p>	<p><b>11</b></p> <p>9:15 Wellness at Home Video on Channel 7 9:30 Strength Class <b>10:00 Seated Strength</b> 10:00 <b>Bluebird Café Senior Concert</b> 1:00 Better Balance 2:00 Catholic Communion 2:30 Zoom Resident Council Community Meeting 7:00 Movie Night Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)</p>	<p><b>12</b></p> <p><b>Wear Pink Day!</b> <b>9:00-11:00 Complete Flu Shot Paperwork in the Living Room!</b> 9:30 Low Impact Aerobics 10:30-11:30 Supervised Exercise WC 1:00 Bridge 4:00 Social Hour with Richard Griffin (Breast Cancer Awareness Theme)</p>	<p><b>13</b></p> <p>9:00-11:00 Supervised Exercise WLR 9:30 Strength Class 10:00 Low Impact Aerobics 1:00 Better Balance 1:30 Seated Yoga <b>Dinner 5:00 and 6:30 MPR</b></p>	<p><b>14</b></p> <p>9:30 Cardio Sculpt 10:30-11:30 Supervised Exercise WC 11:15 Netflix Series "The Kominsky Method" 1:30 Bingo 2:00 Writing Group GR</p>	<p><b>15</b></p> <p>9:00-11:00 Supervised Exercise WLR 9:15 Wellness at Home Video on Channel 7 10:00 Men's Group GR 11:00 Bill Ferrari Music History MPR 1:30 Doc Martin <b>Dinner 5:00 and 6:30 MPR</b></p>	<p><b>16</b></p> <p>7:00 Music on Saturday</p>
<p><b>17</b></p> 	<p><b>18</b></p> <p>9:30 Strength class <b>10:00 Seated Strength</b> 1:00 Better Balance 1:30 Seated Yoga 2:00 Catholic Communion 7:00 Movie Night</p>	<p><b>19</b></p> <p>9:30 Low Impact Aerobics 11:00 Bible Study with Beth Newman MPR 1:00 Bridge 4:00 Social Hour with John England (Baseball Theme)</p>	<p><b>20</b></p> <p>9:00-11:00 Supervised Exercise WLR 9:30 Strength Class 10:00 Low Impact Aerobics 1:00 Better Balance 1:30 Seated Yoga <b>Dinner 5:00 and 6:30 MPR</b></p>	<p><b>21</b></p> <p><b>10:00 Transitioning Levels of Care Presentation</b> 10:30-11:30 Supervised Exercise WC 11:15 Netflix Series "The Kominsky Method" 1:30 Bingo</p>	<p><b>22</b></p> <p><b>9:00 Flu Shot Clinic!</b> 10:00 Men's Group GR 1:30 Doc Martin 2:30 Trip to Dollar Tree 3:00 Lectio Divina GR <b>Dinner 5:00 and 6:30 MPR</b></p>	<p><b>23</b></p> <p><b>2:30 Shawn Knight-George Gershwin Show</b></p> <p>7:00 Music on Saturday</p>
<p><b>24</b></p> <p><b>12:00 TPAC- "The Band's Visit"</b></p>	<p><b>25</b></p> <p>9:00-11:00 Supervised Exercise WLR 9:15 Wellness at Home Video on Channel 7 9:30 Strength class <b>10:00 Seated Strength</b> 1:00 Better Balance 1:30 Seated Yoga 2:00 Catholic Communion 3:00 Book Club GR 7:00 Movie Night</p>	<p><b>26</b></p> <p><b>8:45 Audiology Associates</b> 10:30-11:30 Supervised Exercise WC 1:00 Bridge 4:00 Social Hour with Bill Ferrari (Halloween Theme)</p>	<p><b>27</b></p> <p>9:00-11:00 Supervised Exercise WLR 9:30 Strength Class 10:00 Low Impact Aerobics 1:00 Better Balance 1:30 Seated Yoga <b>Dinner 5:00 and 6:30 MPR</b></p>	<p><b>28</b></p> <p>10:30-11:30 Supervised Exercise WC 11:15 Netflix Series "The Kominsky Method" 1:30 Bingo</p>	<p><b>29</b></p> <p>9:00-11:00 Supervised Exercise WLR 9:15 Wellness at Home Video on Channel 7 10:00 Men's Group GR 1:30 Doc Martin MPR <b>Dinner 5:00 and 6:30 MPR</b></p>	<p><b>30</b></p> <p>7:00 Music on Saturday</p>



**BLAKEFORD**  
CELEBRATING 25 YEARS OF COMMUNITY.

