

October 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>I'm at that delusional age where I think everyone my age looks way older than I do.</p>	<p>1 HAIR DAY 8:45 Shuffleboard 9:30 CO OP Shop 1:00 Crib Games 2:15 Bible Study 2:30 Reading Corner 6:00 Dovercourt Bingo</p>	<p>2 8:30 Newspaper 9:00 Tammy's Footcare 10:30 Yoga</p>	<p>3 9:00 Reading Corner 9:00 Woodworking 10:30 Exercise 1:00 Adventures with Norma 1:30 Tessa 2:30 Horse Racing</p>	<p>4 HAIR DAY</p>	<p>5</p>
<p>6 2:30 Church: Cowboy Church</p>	<p>7 10:30 Exercise 1:00 Bible Chatter 2:30 Game of 6-49</p>	<p>8 HAIR DAY 8:45 Shuffleboard 9:30 CO OP Shop 1:00 Fluffer Nutter Day 2:15 Bible Study 2:30 Reading Corner 6:00 Dovercourt Bingo</p>	<p>9 8:30 Newspaper 9:00 Woodworking 9:00 Tammy's Footcare 10:30 Yoga 11:00 Catholic Mass 1:00 Adventures with Norma 2:30 Music with Nancy</p>	<p>10 9:00 Reading Corner 9:00 Woodworking 10:30 Exercise 1:00 Adventures with Norma 1:30 Tessa 2:30 Horse Racing 6:00 Bus to Cowboy Church</p>	<p>11 HAIR DAY 8:45 Shuffleboard 1:00 Paint Class 7:00 Birthday Party with Frayns and Friends</p>	<p>12 Quote of the day: Dogs come when they're called, cats take a message and get back to you later.</p>
<p>13 2:30 Church: Immanuel Lutheran Church</p>	 <p>Office Closed No Housekeeping Staff</p>	<p>15 HAIR DAY 9:30 CO OP Shop 6:00 Dovercourt Bingo</p>	<p>16 9:00 Woodworking 9:00 Bus trip to Sylvan Lake 9:00 Tammy's Footcare 2:30 Music with Donna and Loretta</p>	<p>17 9:00 Woodworking 1:00 Adventures with Norma 2:30 Horse Racing 6:00 Bus to Cowboy Church</p>	<p>18 HAIR DAY 1:00 Paint Class 7:00 Wolf Pack</p>	
<p>20 2:30 Church: Church of the Nazarene</p>	<p>21 Federal Election- watch for the time as to when you can vote</p>	<p>22 HAIR DAY 9:00 Flu Shots 9:30 CO OP Shop 1:00 Crib Games 2:15 Bible Study 2:30 Reading Corner 6:00 Dovercourt Bingo</p>	<p>23 8:30 Newspaper 9:00 Tammy's Footcare 10:30 Yoga</p>	<p>24 9:00 Reading Corner 10:30 Exercise 1:30 Tessa 2:30 Horse Racing 6:00 Bus to Cowboy Church</p>	<p>25 HAIR DAY 8:45 Shuffleboard</p>	<p>26</p>
<p>27 2:30 Church: First Christian Reformed Church</p>	<p>28 10:30 Exercise 12:30 Blood Pressure Clinic 2:30 Movie Time- Wonders of the World</p>	<p>29 HAIR DAY 8:45 Shuffleboard 9:30 CO OP Shop 1:00 Making Halloween Candy Bags 2:15 Bible Study 2:30 Reading Corner 6:00 Dovercourt Bingo</p>	<p>30 8:15 Newspaper 9:00 Resident Meeting 9:00 Tammy's Footcare 10:30 Yoga 11:30 Dinner Club</p>	<p>31 9:00 Reading Corner 9:00 Woodworking 10:30 Exercise 1:00 Adventures with Norma 2:30 Horse Racing 6:00 Bus to Cowboy Church</p>		<p>October Moon Phases: First Quarter: Oct. 5 Full Moon: Oct. 13 Last Quarter: Oct. 21 New Moon: Oct. 28</p>