

| Sunday                                                                                                                                                                                                                                                        | Monday                                                                                                                                                                                                                              | Tuesday                                                                                                                                                                                                                  | Wednesday                                                                                                                                                                                                             | Thursday                                                                                                                                                                                                                                                     | Friday                                                                                                                                                                                                   | Saturday                                                                                                                                                         |
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|  <h1>October 2026</h1>                                                                                                                                                       |                                                                                                                                                                                                                                     |                                                                                                                                                                                                                          |                                                                                                                                                                                                                       | <b>PODIATRIST</b> <b>1</b><br><b>1:00PM</b> One Day University – Ancient Egypt: Drama, Spectacle, and Remarkable Characters (CRR)<br><b>5:00-7:00PM</b> My Sister's Gallery Opening – “Flowers, Always Flowers!” (ECH)<br><b>7:00PM</b> Movie Night (LR/CRR) | <b>2</b><br><b>11:00AM</b> Worship Service (CRR)<br><b>1:00PM</b> Shopping Outing – Eastview Mall**                                                                                                      | <b>3</b><br><b>12:00PM</b> Rosary with Alicia (DR Lounge)<br><b>2:00PM</b> Resident-led Games (AR)<br><b>7:00PM</b> Movie Night (LR/CRR)<br>Simchat Torah Begins |
| <b>4</b><br>AR – Activity Room<br>CRR – Community Resource Room<br>DR – Dining Room<br>Lounge – Small room off DR<br>LR – Living Room<br>FR – Fitness Room<br>\$ - Program Fee<br>** Program will have sign-up sheet<br><b>2:00PM</b> Resident-led Games (AR) | <b>5</b><br><b>9:00AM</b> Shopping at Wegmans<br><b>10:30AM</b> Worship Service, Blessing of the Animals (ECH Lawn or Multi-Purpose Room)<br><b>1:00PM</b> Card Making Class w/ Pressed Flowers** (AR)                              | <b>6</b><br><b>11:00AM</b> Zentangle – Simple and Meditative Art (AR)<br><b>1:00PM</b> SeniorFit w/ Jesse**\$ (FR)<br><b>6:00PM</b> Social Craft Night w/ Sue and Carla (AR)                                             | <b>7</b><br><b>10:00AM</b> Guided Meditation – Loving Kindness (CRR)<br><b>2:00PM</b> Corrine Dempsey Talk (DR)<br><b>2:30PM</b> Catholic Mass (ECH Chapel)                                                           | <b>8</b><br><b>11:00AM</b> Trip to R Community Bikes w/ Dan**<br><b>2:30PM</b> Boxing and Stretching w/ Erin (FR)<br><b>7:00PM</b> Movie Night (LR/CRR)                                                                                                      | <b>9</b><br><b>9:30AM-11:30AM</b> Brown Bag Lunch Packing (ECH Dining Room – 1 <sup>st</sup> Floor)<br><b>11:00AM</b> Worship Service (CRR)<br><b>2:00PM</b> Happy Hour (DR/Lounge)                      | <b>10</b><br><b>2:00PM</b> Resident-led Games (AR)<br><b>7:00PM</b> Movie Night (LR/CRR)                                                                         |
| <b>11</b><br><b>2:00PM</b> Resident-led Games (AR)<br><b>5:30 PM</b> Community Dinner (AR)<br><i>Bring your own meal</i>                                                                                                                                      | <b>12</b><br><b>9:00AM</b> Shopping at Wegmans<br><b>11:45AM</b> Medicare 101 (CRR)<br><b>2:00PM</b> Connection Chat – Approaching Forgiveness (CRR)<br>Indigenous Peoples' Day<br>Columbus Day (U.S.)<br>Thanksgiving Day (Canada) | <b>13</b><br><b>9:45AM</b> Fall Outing and Photography Walk – Power's Farm Market**<br><b>1:00PM</b> SeniorFit w/ Jesse**\$ (FR)<br><b>2:30PM</b> Quali-Teatime (Lounge)                                                 | <b>14</b><br><b>9:30AM-12:00PM</b> Catholic Communion Visits with Lynn-Marie<br><b>1:00PM</b> Walking Club – Mount Hope Cemetery<br><b>3:00PM</b> Guided Meditation – Wind Down (CRR)                                 | <b>15</b><br><b>10:30AM</b> Catholic Prayer Service w/ Communion (CRR)<br><b>11:00AM</b> Chair Yoga w/ John Williams (FR)<br><b>11:00AM-2:00PM</b> Sewing for Seniors (AR)<br><b>1:30PM</b> Talent Show** (LR)<br><b>7:00PM</b> Movie Night (LR/CRR)         | <b>16</b><br><b>9:30AM-11:30AM</b> Brown Bag Lunch Packing (ECH Dining Room – 1 <sup>st</sup> Floor)<br><b>11:00AM</b> Worship Service (CRR)<br><b>1:00PM</b> Doris Talks - Rochester Bus Tour **\$      | <b>17</b><br><b>2:00PM</b> Resident-led Games (AR)<br><b>7:00PM</b> Movie Night (LR/CRR)                                                                         |
| <b>18</b><br><b>2:00PM</b> Resident-led Games (AR)                                                                                                                                                                                                            | <b>19</b><br><b>9:00AM</b> Shopping at Wegmans<br><b>2:00PM</b> Poetry Discussion Group – Harvest (CRR)                                                                                                                             | <b>20</b><br><b>1:15PM</b> REAL Women, Veterans of Vietnam Talk** (Pinehurst)<br><b>3:45PM</b> SeniorFit w/ Jesse**\$ (FR)<br><b>6:00PM</b> Grief Peer Support Group w/ Rey (CRR)                                        | <b>21</b><br><b>9:30AM</b> Guided Meditation – Loving Kindness (CRR)<br><b>10:30AM</b> Monthly Worship (ECH Chapel)<br><b>5:30PM-7:30PM</b> Trick-or-Treating for Kids (Door to Door)                                 | <b>22</b><br><b>11:00AM</b> Chair Yoga w/ John Williams (FR)<br><b>2:00PM</b> Candoo Group Lesson – Everyday AI for Older Adults (CRR)<br><b>7:00PM</b> Movie Night (LR/CRR)                                                                                 | <b>23</b><br><b>9:30AM-11:30AM</b> Brown Bag Lunch Packing (ECH Dining Room – 1 <sup>st</sup> Floor)<br><b>10:00AM</b> Advisory Council (AR)<br><b>2:00PM</b> Travels to Italy with John and Kathi (CRR) | <b>24</b><br><b>2:00PM</b> Resident-led Games (AR)<br><b>7:00PM</b> Movie Night (LR/CRR)                                                                         |
| <b>25</b><br><b>2:00PM</b> Resident-led Games (AR)<br><b>5:30 PM</b> Community Dinner (AR)<br><i>Bring your own meal</i>                                                                                                                                      | <b>26</b><br><b>9:00AM</b> Shopping at Wegmans<br><b>2:00PM</b> Connection Chats – The Butterfly Effect (CRR)                                                                                                                       | <b>27</b><br><b>11:00AM</b> Garden Club – Plant Removal and Clean-Up (Patio)<br><b>12:00PM</b> Book Club** (AR)<br><b>1:00PM</b> SeniorFit w/ Jesse**\$ (FR)<br><b>6:00PM</b> Autumnal Decoupage w/ Sue and Carla** (AR) | <b>28</b><br><b>8:30AM</b> Fresh Breakfast w/ Erin (AR)<br><b>9:30AM-12:00PM</b> Catholic Communion Visits with Lynn-Marie<br><b>1:00PM</b> Walking Club – TBD**<br><b>3:00PM</b> Guided Meditation – Wind Down (CRR) | <b>29</b><br><b>11:30AM</b> Covid and Flu Clinic (AR)<br><b>1:00PM</b> Resident Meeting (DR)<br><b>3:30PM</b> Men's Social Group (AR)<br><b>7:00PM</b> Movie Night (LR/CRR)                                                                                  | <b>30</b><br><b>9:30AM-11:30AM</b> Brown Bag Lunch Packing (ECH Dining Room – 1 <sup>st</sup> Floor)<br><b>11:00AM</b> Worship Service (CRR)<br><b>2:00PM</b> Cardio Drumming (FR)                       | <b>31</b><br><b>2:00PM</b> Resident-led Games (AR)<br><b>7:00PM</b> Movie Night (LR/CRR)<br>Halloween                                                            |