

October 2026

Seabury Woods Assisted Living **calendar is subject to change**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9am Walking Group (weather permitting) w/Kristen -LB 10:30 Drumming w/Becky -CH 1:30 Manicures w/Kristen -AC 3pm Mexican Dominoes w/Kristen -AC 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB	10:30 MITE/Exercise w/Kristen -CH* 1pm Covid & Flu Shot Clinic -AC 1pm Hochstein Music Therapy w/Cassie -MC 1:15 Worship Service w/Patti -CH 2:15 Bingo w/Kristen & Becky -DR* 3:30 Happy Hour w/Kristen & Becky -LB*	10:30 Art for the Young at Heart w/Terese -CH* 2pm Java Music/Discussion Group w/Nancy -CH* 3pm Open Games w/Residents -AC Simchat Torah Begins
Enjoy a visit with friends and family. 1pm Bills vs. Patriots on CBS -LB 1pm Euchre Pick Up Game – AC* 2:30 Read Aloud w/David -PDR	10am Communion (Catholic) w/Martha -CH* 10:30 MITE/Exercise w/Becky -CH* 1:30 Scrabble w/Kristen -AC 3:30 Bible Study w/Nancy -CH 6pm Movie Night w/Robin-CH	9am Walking Group w/Kristen -LB 10am Rosary Group w/Residents -CH 11am Piggy Bankers w/Kristen -CH 1:30 Craft Corner w/Kristen- AC 2:45 Rummikub w/Kristen -AC & CH 3pm Chair Yoga w/Katie -COE* (meet in LB at 2:45) 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB 8pm Virtual Meditation w/Katie (On Zoom)	10:30 MITE/Exercise w/Becky -CH* 12pm Lunch & Learn w/Senior Helping Seniors \$8 -COE (Meet in Lobby at 11:30) 1:30 Open Games w/Residents -AC 3:15 Music w/Karen Labella -MC 5:30 Bingo w/Michele -MC	9am Walking Group (weather permitting) w/Kristen -LB 10:30 Drumming w/Becky -CH 1:30 Medicare Information Session w/Health & Wellness Advisors -CH 3pm Mexican Dominoes w/Kristen -AC 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB	10:30 MITE/Exercise w/Kristen -CH* 1pm Hochstein Music Therapy w/Cassie -MC 1:15 Worship Service w/Hilary -CH 2:15 Bingo w/Kristen & Becky -DR* 3:30 Happy Hour w/Kristen & Becky -LB*	10:30 Art for the Young at Heart w/Terese -CH* 2pm Java Music/Discussion Group w/Nancy -CH* 3pm Open Games w/Residents -AC
Enjoy a visit with friends and family. 1pm Euchre Pick Up Game – AC* 1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC* 2:30 Read Aloud w/David -PDR	10am Communion (Catholic) w/Martha -CH* 10:30 MITE/Exercise w/Becky -CH* 1:30 Fall Foliage Bus Tour w/Becky & Kristen -LB 3:30 Bible Study w/Nancy -CH 6pm Movie Night w/Robin-CH 8:15 Bills at Rams on ABC -LB Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	9am Walking Group (weather permitting) w/Kristen -LB 10am Rosary Group w/Residents -CH 11am Piggy Bankers w/Kristen -CH 1pm Patio Home Meeting w/Staff-CH 2:45 Rummikub w/Kristen -AC & CH 3pm Chair Yoga w/Katie -COE* (meet in LB at 2:45) 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB	10:30 MITE/Exercise w/Becky -CH* 1:30 Family Feud w/Becky -CH 3:15 Trash Card Game w/Kristen -AC 5:30 Bingo w/Michele -MC	9am Walking Group (weather permitting) w/Kristen -LB 10:30 Drumming w/Becky -CH 2pm Armchair Travel w/Beth -LB 3:15 Music w/Steve P -MC 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB 5pm Family & Caregiver Support Group w/Jen -CH	10:30 MITE/Exercise w/Becky -CH* 1pm Hochstein Music Therapy w/Cassie -MC 1:15 Worship Service w/Patti -CH 2:15 Bingo w/Becky -DR* 3:30 Happy Hour w/Becky -LB*	10:30 Art for the Young at Heart w/Terese -CH* 2pm Java Music/Discussion Group w/Nancy -CH* 3pm Open Games w/Residents -AC
Enjoy a visit with friends and family. 1pm Euchre Pick Up Game – AC* 1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC* 2:30 Read Aloud w/David -PDR 4:25 Bills at Raiders on CBS -LB	10am Communion (Catholic) w/Martha -CH* 10:30 MITE/Exercise w/Becky -CH* 2pm Dining Mtg w/AJ -DR 3:30 Bible Study w/Nancy -CH 6pm Movie Night w/Robin-CH	9am Walking Group (weather permitting) w/Kristen -LB 10am Rosary Group w/Residents-CH 11am Out to Lunch at McGregors w/Rec Staff -Meet in LB 2:45 Rummikub w/Kristen -AC & CH 3pm Chair Yoga w/Katie -COE* (meet in LB at 2:45) 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB	10:30 MITE/Exercise w/Becky -CH* 1:30 Jeopardy w/Becky -CH 3:15 Music w/Jeff Elliott -MC 5:30 Bingo w/Michele -MC	9am Walking Group (weather permitting) w/Kristen -LB 10:30 Drumming w/Becky -CH 1:30 Manicures w/Kristen -AC 3pm Kings in the Corner w/Kristen -AC 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB	10:30 MITE/Exercise w/Kristen -CH* 1pm Hochstein Music Therapy w/Cassie -MC 1:15 Worship Service w/Patti -CH 2:15 Bingo w/Kristen & Becky -DR* 3:30 Happy Hour w/Kristen & Becky -LB*	10:30 Art for the Young at Heart w/Terese -CH* 1pm Music w/Austin -MC 2pm Java Music/Discussion Group w/Nancy -CH* 3pm Open Games w/Residents -AC
Enjoy a visit with friends and family. 1pm Euchre Pick Up Game – AC* 1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC* 2:30 Read Aloud w/David -PDR	10am Communion (Catholic) w/Martha -CH* 10:30 MITE/Exercise w/Becky -CH* 1:30 Pumpkin Decorating w/Kristen & Becky -AC 3:30 Bible Study w/Nancy -CH 6pm Movie Night w/Robin-CH	9am Walking Group w/Kristen -LB 10am Rosary Group w/Residents -CH 11am Wheel of Fortune w/Kristen -CH 1:15 Resident Council Meeting (for all Residents) w/Staff -CH 2:45 Rummikub w/Kristen -AC & CH 3pm Chair Yoga w/Katie -COE* 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB	10:30 MITE/Exercise w/Becky -CH* 2:30 October Birthday Party w/Rec Staff -DR 3:15 Music w/Hilton -MC 5:30 Halloween Bingo w/Michele -MC	9am Walking Group (weather permitting) w/Kristen -LB 10:30 Drumming w/Becky -CH 1:30 Manicures w/Kristen -AC 3pm Mexican Dominoes w/Kristen -AC 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB	10:30 MITE/Exercise w/Kristen -CH* 1pm Hochstein Music Therapy w/Cassie -MC 1:15 Worship Service w/Patti -CH 2:15 Bingo w/Kristen & Becky -DR* 3:30 Halloween Happy Hour w/Kristen & Becky -LB*	10:30 Art for the Young at Heart w/Terese -CH* 2pm Java Music/Discussion Group w/Nancy -CH* 3pm Open Games w/Residents -AC Halloween

Questions? Contact Becky 426-4950. AC=Activity Center, CH=Chapel, COE=Church of the Epiphany, DR=Dining Room, LB=Lobby, MC=Memory Care, PDR=Private Dining Room

