

October 2026 | Events

Monday - Friday • 8:30 am-4 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 Balance & Mobility Class (E) 10:00 Beg. Chair Exercise Class (E) 10:00 Pep4u Yoga for Parkinsons 11:00 Chair Yoga (\$2) 11:30 Lunch Café (RR) 12:30 Mental Health Support Group 1:00 Chair Dance for Wellness 2:00 Dance for Wellness 2:00 Golden Age of Television	2 10:00 TOPS 11:30 Lunch Café (Arnie DiCioccio) (RR) 12:30 Cribbage 12:45 Movie (<i>Apollo 13</i>)
5 9:00 Balance & Mobility Class (E) 10:00 Balance & Mobility Class (E) 10:00 Pep4u Tremble Clefs Practice 10:00 Medicare Support w/ Ken (Lobby) 11:30 Lunch Café (RR) 1:00 Dance for Wellness 2:30 Tai Chi	6 9:00 Balance & Mobility Class (E) 10:00 Beg. Chair Exercise Class (E) 11:00 Chair Yoga (\$2) 11:30 Lunch Café (RR) 12:00 Knit and Crochet Group 1:00 Bingo	7 9:00 Wire Wrapping Class (E) 9:00 Balance & Mobility Class (E) 10:00 Balance & Mobility Class (E) 10:00 Pep4u Parkinsons Coffee Chat 11:30 Lunch Café (James Woods) (RR) 12:30 Caregiver Support Group 1:00 Beginning Knitting (E) 1:00 Tai Chi (E) 1:00 Office Hours with Humana 2:00 Grief Share	8 9:00 Balance & Mobility Class (E) 10:00 Beg. Chair Exercise Class (E) 10:00 Pep4u Yoga for Parkinsons 11:00 Chair Yoga (\$2) 11:30 Lunch Café (Silver Singers) (RR) 12:30 Mental Health Support Group 1:00 Chair Dance for Wellness 2:00 Dance for Wellness 2:00 Golden Age of Television	9 10:00 TOPS 11:30 Lunch Café (Arnie DiCioccio) (RR) 12:30 Cribbage 12:45 Movie (<i>Nonnas</i>) 1:30 Crafting with Optum
12 9:00 HICAP (by appt.) 9:00 Balance & Mobility Class (E) 10:00 Balance & Mobility Class (E) 10:00 Pep4u Tremble Clefs Practice 10:00 CA DL Renewal Prep (RR) 10:00 Medicare Support w/ Carmen (Lobby) 11:30 Lunch Café (Sunshine Band) (RR) 1:00 Dance for Wellness 1:00 MemorialCare Social Worker Support (RR) 2:30 Tai Chi	13 9:00 Balance & Mobility Class (E) 10:00 Beg. Chair Exercise Class (E) 11:00 Chair Yoga (\$2) 11:30 Lunch Café (RR) 12:00 Knit and Crochet Group 1:00 Bingo	14 9:00 Wire Wrapping Class (E) 9:00 Balance & Mobility Class (E) 10:00 Balance & Mobility Class (E) 10:00 Estate Planning Seminar (RR) 11:30 Lunch Café (James Woods) (RR) 12:30 Caregiver Support Group 1:00 Beginning Knitting (E) 1:00 Tai Chi (E) 1:00 FSSC Book Club 2:00 Grief Share	15 9:00 Balance & Mobility Class (E) 10:00 Beg. Chair Exercise Class (E) 10:00 Pep4u Yoga for Parkinsons 11:00 Chair Yoga (\$2) 11:30 Lunch Café (Trivia Time) (RR) 12:30 Mental Health Support Group 1:00 Chair Dance for Wellness 2:00 Dance for Wellness 2:00 Golden Age of Television	16 10:00 TOPS 11:30 Lunch Café (Arnie DiCioccio) (RR) 12:30 Cribbage 12:45 Movie (<i>9 to 5</i>) 1:00 Optum Meet & Greet Event (RR)
19 9:00 HICAP (by appt.) 9:00 Balance & Mobility Class (E) 10:00 Balance & Mobility Class (E) 10:00 Pep4u Tremble Clefs Practice 10:00 Medicare Mingle with Michelle (Lobby) 11:30 Lunch Café (Tremble Clefs) (RR) 1:00 Dance for Wellness 2:00 Crafting with Carmen 2:30 Tai Chi	20 9:00 Balance & Mobility Class (E) 10:00 Beg. Chair Exercise Class (E) 11:00 Chair Yoga (\$2) 11:30 Lunch Café (RR) 12:00 Knit and Crochet Group 1:00 Bingo 1:30 Crafting with Optum	21 9:00 Wire Wrapping Class (E) 9:00 Balance & Mobility Class (E) 10:00 Balance & Mobility Class (E) 10:00 Pep4u Parkinsons Coffee Chat 11:30 Lunch Café (Harmonaires) (RR) 12:30 Caregiver Support Group 1:00 Beginning Knitting (E) 1:00 Tai Chi (E) 2:00 Grief Share	22 9:00 Balance & Mobility Class (E) 10:00 Beg. Chair Exercise Class (E) 10:00 Pep4u Yoga for Parkinsons 11:00 Chair Yoga (\$2) 11:30 Lunch Café (Street Performers) (RR) 12:30 Mental Health Support Group 12:30 Cookies and Medicare with Carmen 1:00 Chair Dance for Wellness 2:00 Dance for Wellness 2:00 Golden Age of Television	23 10:00 TOPS 11:30 Lunch Café (Arnie DiCioccio) (RR) 12:30 Cribbage 12:45 Movie (<i>Thursday Murder Club</i>) 1:00 Friday Fun Series Pumpkins & Treats
26 9:00 HICAP (by appt.) 9:00 Balance & Mobility Class (E) 10:00 Balance & Mobility Class (E) 10:00 CA DL Renewal Prep (RR) 10:00 Pep4u Tremble Clefs Practice 10:00 Medicare Support w/ Ken (Lobby) 11:30 Lunch Café (RR) 1:00 Featured Presentation of the Month (RR) (Medicare Updates with HICAP) 1:00 Dance for Wellness 2:30 Tai Chi 3:00 Seated Chair Volleyball	27 9:00 Balance & Mobility Class (E) 10:00 Beg. Chair Exercise Class (E) 11:00 Chair Yoga (\$2) 11:30 Halloween Lunch Café (RR) 12:00 Knit and Crochet Group 1:00 Bingo	28 9:00 Wire Wrapping Class (E) 9:00 Balance & Mobility Class (E) 10:00 Balance & Mobility Class (E) 11:30 Lunch Café (James Woods) (RR) 12:30 Art4Healing (RR) 12:30 Caregiver Support Group 1:00 Beginning Knitting (E) 1:00 Tai Chi (E) 2:00 Grief Share	29 9:00 Balance & Mobility Class (E) 10:00 Beg. Chair Exercise Class (E) 10:00 Medication Consults with Bill Liu (by appt.) 10:00 Pep4u Yoga for Parkinsons 11:00 Chair Yoga (\$2) 11:30 Lunch Café (Silver Singers) (RR) 12:30 Mental Health Support Group 1:00 Chair Dance for Wellness 2:00 Dance for Wellness 2:00 Golden Age of Television	30 10:00 TOPS 11:30 Birthday Lunch Café (Arnie DiCioccio) (RR) 12:30 Cribbage 12:45 Movie (<i>Ghostbusters</i>)