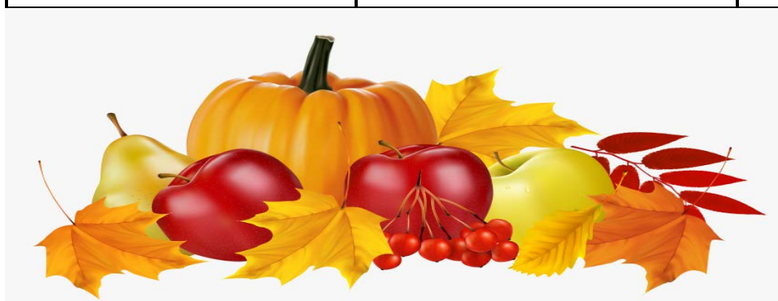
Seabury at Friendship Terrace
Senior Living

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00 Chair Yoga 5th 11:00 *Flu Clinic* DR 11:30 Balance Group 5th 6:30 Bingo Night 3rd	**2** 11:30 Balance Group 5th 2:00 *Catholic Mass* 3rd 3:30 *Shabbat Gathering* 3rd	**3** 10:00 Chair Yoga 5th 6:00 Movie Night 5th *No Brunch on Saturday*
4 8:15 *Catholic Communion & Worship Service* 2nd 12:00 Brunch DR 6:00 Sunday Movies 5th	**5** 11:30 Balance Group 5th 12:00 *Quick Trivia* 2nd 1:30 Reminiscences Group 4th 5:30 Mints & Music 2nd	**6** 10:00 *Stretch & Tone w/ Mary* 5th 1:30 Sip & Paint 2nd 6:30 Bingo Night 3rd	**7** 5:30 Mints & Music 2nd 6:30 Trivial Pursuit 2nd 7:00 Support Group 3rd	**8** 10:00 Chair Yoga 5th 11:30 Balance Group 5th 6:30 Bingo Night 3rd	**9** 11:00 *Walk in PINK!* OS 11:30 Balance Group 5th 12:00 *Bingo w/ Cindy* 2nd	**10** 10:00 Chair Yoga 5th 6:00 Movie Night 5th *No Brunch on Saturday*
11 8:15 *Catholic Communion* 2nd 12:00 Brunch DR 6:00 Sunday Movies 5th	**12** 11:30 Balance Group 5th 12:00 *IPD Social/ Trivia* 2nd 1:00 *Chaplaincy 1:1 Sessions* LI 5:30 Mints & Music 2nd	**13** 10:00 *Stretch & Tone w/ Mary* 5th 2:30 Current Events 3rd 6:30 Bingo Night 3rd	**14** 11:00 *Prayer Service* 2nd 5:30 Mints & Music 2nd 6:30 Trivial Pursuit 2nd 7:00 Support Group 3rd	**15** 10:00 Chair Yoga 5th 11:30 Balance Group 5th 2:00 *Episcopal Eucharist* 3rd 6:30 Bingo Night 3rd	**16** 11:30 Balance Group 5th 12:30 *Oktoberfest* DR	**17** 10:00 Chair Yoga 5th 6:00 Movie Night 5th *No Brunch on Saturday*
18 8:15 *Catholic Communion* 2nd 12:00 Brunch DR 6:00 Sunday Movies 5th	**19** 11:30 Balance Group 5th 12:00 *Quick Trivia* 2nd 1:30 Reminiscences Group 4th 5:30 Mints & Music 2nd	**20** 10:00 *Stretch & Tone w/ Mary* 5th 1:30 Sip & Paint 2nd 6:30 Bingo Night 3rd	**21** 1:00 *Coffee Chat* 4th 5:30 Mints & Music 2nd 6:30 Trivial Pursuit 2nd	**22** 10:00 Chair Yoga 5th 11:30 Balance Group 5th 6:30 Bingo Night 3rd	**23** 11:30 Balance Group 5th 1:00 *Terrace Talks* DR 1:00 *Glamour Gais event* 5th 6:00 Wine & Cheese Hr 4th	**24** 10:00 Chair Yoga 5th 1:30 *Seabury Book Clu* 5th 6:00 Movie Night 5th *No Brunch on Saturday*
25 8:15 *Catholic Communion* 2nd 12:00 Brunch DR 6:00 Sunday Movies 5th	**26** 11:30 Balance Group 5th 12:00 *Club Memory* 2nd 5:30 Mints & Music 2nd	**27** 10:00 *Stretch & Tone w/ Mary* 5th 6:30 Bingo Night 3rd	**28** 1:00 Book Buzz 4th 5:30 Mints & Music 2nd 6:30 Trivial Pursuit 2nd 7:00 Support Group 3rd	**29** 10:00 Chair Yoga 5th 11:30 Balance Group 5th 6:30 Bingo Night 3rd	**30** 11:30 Balance Group 5th 12:00 *Halloween Party* DR 1:00 *Terrace Talks* DR	**31** 10:00 Chair Yoga 5th 6:00 Movie Night 5th *No Brunch on Saturday*



Happy Birthday

Feldman, Nancy	1-Oct
Alao, Ademuyiwa	18-Oct
Lee, Shirley	23-Oct
Lofton, Wanda	24-Oct
Ludden, Joan	26-Oct
Taylor, Gina	28-Oct
Morgan, Senetra	30-Oct

Birth Sign

Libra/ Scorpio

Flower- Marigold

Stone- Opal

Calendar Subject To Change

LEGEND

FL	Front Lobby, 2nd Floor	GH	Green House, 5th Floor
DR	Dining Room, 2nd Floor	RTD	Roof Top Deck, 6th Floor
LI	Library, 3rd Floor	ER	Exercise Room, 1st Floor
OS	Outside	PT	Pantry, 1st Floor
2nd	2nd Floor Lounge		
3rd	3rd Floor Lounge		
4th	Game Room		
5th	5th Floor Lounge		

Activity Color Keycode:
AD- Green
RSC - Blue
FTRA - Black
FT - Burgundy