

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:30 Chair Yoga 10:30 Movie Matinee 1:00 Tower Strong/H ₂ O Squad	2 8:00 Salon Appointments 9:00 Instructional Beading 1:00 Open Beading or Sewing	3 9:00 Fundraiser Committee Meeting 10:00 Fitness Squad 1:00 Ceramics	4 8:00 Salon Appointments 8:45 Fresh Air Walkers 11:00 Indian Taco Fundraiser
7 9:00 Salon Appointments 10:00 Fitness Squad 11:00 Bingo at TSRC	8 10:30 Chair Yoga 12:45 Program Meeting 1:00 Tower Strong/H ₂ O Squad	9 8:00 Salon Appointments 9:00 Instructional Sewing 1:00 Open Beading or Sewing	10 9:00 Chuck Hafner's 10:00 Fitness Squad Birthday Celebrations 	11 8:00 Salon Appointments 8:45 Fresh Air Walkers 5:30 Haunted Hay Ride
14 9:00 Salon Appointments 10:00 Fitness Squad 1:00 Movie in Community Room	15 7:00 Villa Roma Day Trip 10:30 Chair Yoga 1:00 Tower Strong/H ₂ O Squad	16 8:00 Salon Appointments 9:00 Instructional sewing 1:00 Open Beading or Sewing	17 9:00 Shuffleboard Tournament 10:00 Fitness Squad 12:30 Pumpkin Dessert Contest 1:00 Ceramics	18 8:00 Salon Appointments 8:45 Fresh Air Walkers 9:00 Casino Hopping
21 8:30 Massage Therapy 9:00 Salon Appointments 10:00 Fitness Squad 1:00 Card Games	22 10:30 Chair Yoga 12:45 Program Meeting 1:00 Tower Strong/H ₂ O Squad 4:30 Last Pitch Tournament	23 8:00 Salon Appointments 9:00 Instructional Beadwork 1:00 Open Beading or Sewing 4:00 A Taste of Autumn Wellness & Craft Fair	24 10:00 Fitness Squad 9:00 Regional Market 1:00 Ceramics	25 8:00 Salon Appointments 8:45 Fresh Air Walkers 6:00 Delta Lake Murder Mystery Dinner
28 9:00 Salon Appointments 10:00 Fitness Squad 1:00 Halloween Bingo Costume Contest	29 10:30 Chair Yoga 1:00 Tower Strong/H ₂ O Squad 1:00 Decorating for Halloween Community Night	30 8:00 Salon Appointments 9:00 Instructional sewing 11:45 Teyakhíshnyehg’ Caregivers Training 1:00 Open Beading or Sewing	31 10:00 Fitness Squad 1:00 Pumpkin Carving Contest 5:00 Trick or Treat For Community	