



*Activities are subject to change

October 2026 - Cove

B-Bay C-Cove H-Hill CH-Chapel CS-Coffee Shop

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				10:30 Table Talks, C 1 11:00 Balloon Volley, C 12:00 Lunch 2:00 Rebecca Pink Sings, CS 3:30 Hand Massages, C 4:00 Puzzles, C	10:00 Coffee Shop, CS 2 10:00 Chair Yoga w/Linda, C 11:00 Episcopal Mass, CH 12:00 Lunch 2:00 Gary & his Guitar, C 3:30 Let's Stretch, C	11:00 Morning Moves, C 3 12:00 Lunch 2:00 Color My World, C 3:00 Coffee Talk, C
10:00 Coffee Talk, C 4 11:00 Catholic Mass on TV, C 12:00 Lunch 2:00 Bingo Fun w/Victoria, C	11:00 Sit & Be Fit, C 5 12:00 Lunch 1:30 Catholic Mass, CH 2:00 Music Speaks w/Garo, C 3:30 Jigsaws & Jazz, C 4:00 Polish Me Pretty, C 6:15 Dancing w/ the Stars, C	10:30 Table Talks, C 6 11:00 Balloon Volley, C 12:00 Lunch 2:00 Art Expression, C 3:30 Healthy Steps, C 4:00 Sing Along, C	10:15 Rosary w/Doug, CH 7 11:00 Noodle Ball, C 12:00 Lunch 2:00 Bingo Fun, C 3:30 Move & Groove, C 4:00 Reminiscing, C	10:30 Table Talks, C 8 11:00 Balloon Volley, C 12:00 Lunch 2:00 Russ M. Performs, CS 3:30 Hand Massages, C 4:00 Puzzles, C	10:00 Coffee Shop, CS 9 10:00 Chair Yoga w/Linda, C 11:30 Divine Mercy, CH 12:00 Lunch 2:00 Troubadour & Lil John, C 3:30 Let's Stretch, C	11:00 Let's Move, C 10 12:00 Lunch 2:00 Wheel of Fortune, C 3:00 Coffee Talk, C
10:00 Coffee Talk, C 11 11:00 Catholic Mass on TV, C 12:00 Lunch 2:00 Bingo Fun w/Victoria, C	10:00 Chronicle Club, C 12 11:00 Sit & Be Fit, C 12:00 Lunch 2:00 Music Speaks w/Garo, C 3:30 Color Relaxation, C 4:00 Polish Me Pretty, C 6:15 Dancing w/ the Stars, C	10:30 Table Talks, C 13 11:00 Balloon Volley, C 12:00 Lunch 2:00 Marvin Perry Sings, CS 3:30 Let's Stretch, C 4:00 Sing Along, C	10:15 Rosary w/Doug, CH 14 11:00 Noodle Ball, C 12:00 Lunch 2:00 Bingo Fun, C 3:30 Move & Groove, C 4:00 Reminiscing, C	10:30 Table Talks, C 15 11:00 Balloon Volley, C 12:00 Lunch 2:00 Mike C. Sings, CS 3:30 Hand Massages, C 4:00 Puzzles, C	10:00 Coffee Shop, CS 16 10:00 Chair Yoga w/Linda, C 11:30 Divine Mercy, CH 12:00 Lunch 2:00 Art Expression, C 3:30 Let's Stretch, C	11:00 Morning Moves, C 17 12:00 Lunch 2:00 Movie Matinee, C 3:00 Coffee Talk, C
10:00 Coffee Talk, C 18 11:00 Catholic Mass on TV, C 12:00 Lunch 2:00 Bingo Fun w/Victoria, C	10:00 Chronicle Club, C 19 11:00 Sit & Be Fit, C 12:00 Lunch 2:00 Music Speaks w/Garo, C 3:30 Reminiscing, C 4:00 Polish Me Pretty, C 6:15 Dancing w/ the Stars, C	10:30 Table Talks, C 20 11:00 Balloon Volley, C 12:00 Lunch 2:00 Troubadour & Lil John, C 3:30 Healthy Steps, C 4:00 Sing Along, C	10:15 Rosary w/Doug, CH 21 11:00 Noodle Ball, C 12:00 Lunch 2:00 Bingo Fun, C 3:30 Move & Groove, C 4:00 Reminiscing, C	10:30 Table Talks, C 22 11:00 Balloon Volley, C 12:00 Lunch 2:00 Monthly Birthday Party Lee Ro sings Country, CS 3:30 Hand Massages, C 4:00 Puzzles, C	10:00 Coffee Shop, CS 23 10:00 Chair Yoga w/Linda, C 11:30 Divine Mercy, CH 12:00 Lunch 2:00 Gary & his Guitar, CS 3:30 Let's Stretch, C	11:00 Let's Move, C 24 12:00 Lunch 2:00 Sing Along, C 3:00 Coffee Talk, C
10:00 Coffee Talk, C 25 11:00 Catholic Mass on TV, C 12:00 Lunch 2:00 Bingo Fun w/Victoria, C	10:00 Chronicle Club, C 26 11:00 Sit & Be Fit, C 2:00 Bean Bag Twister, C 3:30 Let's Move, C 4:00 Polish Me Pretty, C 6:15 Dancing w/ the Stars, C	10:30 Table Talks, C 27 11:00 Balloon Volley, C 12:00 Lunch 2:00 Art Expression, C 3:30 Move & Groove, C 4:00 Sing Along, C	10:15 Rosary w/Doug, CH 28 11:00 Noodle Ball, C 12:00 Lunch 2:00 Bingo Fun, C 3:30 Move & Groove, C 4:00 Reminiscing, C	10:30 Table Talks, C 29 11:00 Balloon Volley, C 12:00 Lunch 2:00 Table Bowling, C 3:30 Hand Massages, C 4:00 Puzzles, C	10:00 Coffee Shop, CS 30 10:00 Chair Yoga w/Linda, C 11:30 Divine Mercy, CH 2:00 Halloween Spooktacular Elvis performs, CS 3:30 Healthy Steps, C	11:00 Let's Move, C 31 12:00 Lunch 2:00 Movie Matinee, C 3:00 Coffee Talk, C

