



OCTOBER 2021 - Calendar of Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Room Site Key (AC) – Arts & Crafts (AU) – Auditorium (BH) – Bee Hlve (Ex.R) – Exercise Room (FR) Fountain Room	Room Site Key (HLG) – Heritage Lane (LIB) Library (TRP) Scheduled Trip (RR) Reflection Room (2F)–2 nd Floor Game Rm.				National Coffee Day 1 10:00 Yoga w/Judy (AU) 1:30 Armchair Travel (AU) Rick Staves' Europe Awaits	National Custodial Worker Day 2 10:00 Zen Coloring (RR) 2:00 Popcorn Social (FR)
National Butterfly & Hummingbird Day 3 2:00 Ecumenical Worship (AU)	National Taco Day 4 9:30 Qi-Gong (AU) 1:30 Spiritual Connection (RR) 6:30 Poker (2F)	National Do Something Nice 5 9:00 Chair Yoga (AU) 10:00 Walgreen's (TRP) 1:30 Art Class (AC) 5:00 Manicures (2F)	National Mad Hatter Day 6 9:30 Music & Movement (AU) 1:30 Midweek Connection (RR) 2:30 Bingo (AU)	National Frappe Day 7 10:00 Resident Council (AU) 1:00 Jewel/Osco (TRP) 1:30 Lilies – Bible Study (RR)	National Fluffernutter Day 8 10:00 Yoga w/Judy (AU) 1:30 Armchair Travel (AU) Austria: Vienna and Salzburg	Leif Erikson Day 9 Today is a good day to: Sit back, relax, visit a friend or read a good book!!
International Newspaper Carrier Day 10 2:00 Ecumenical Worship (AU)	Myths & Legends Day 11 9:30 Qi-Gong (AU) 1:30 Spiritual Connection (RR) 6:30 Nick Davio (AU) 6:30 Poker (2F)	Canada Thanksgiving Day 12 9:00 Chair Yoga (AU) 10:00 Trader Joe's (TRP) 1:30 Art Class (AC) 5:00 Manicures (2F)	National M & Ms Day 13 9:30 Music & Movement (AU) 12:30 Ice Cream (BH) 1:30 Midweek Connection (RR) 2:30 Bingo (AU)	Be Bald & Free Day 14 9:30 Jewel/Osco (TRP) 1:30 Lilies – Bible Study (RR)	National Grouch Day 15 10:00 Yoga w/Judy (AU) 1:30 Armchair Travel (AU) France: Provence and Normandy	Sweetest Day 16 Today is a good day to: Sit back, relax, visit a friend or read a good book!!
National Mulligan Day 17 2:00 Ecumenical Worship (AU)	National Chocolate Cupcake Day 18 9:30 Qi-Gong (AU) 1:30 Spiritual Connection (RR) 6:30 Poker (2F)	Seafood Bisque Day 19 9:00 Chair Yoga (AU) 10:00 Dollar Tree (TRP) 1:30 Art Class (AC) 2:00 Ebenezer Comm. (RR) 5:00 Manicures (2F)	International Sloth Day 20 9:30 Music & Movement (AU) 1:30 Midweek Connection (RR) 2:30 Bingo (AU)	National Apple Day 21 9:30 Jewel/Osco (TRP) 1:30 Lilies – Bible Study (RR)	National Nut Day 22 10:00 Yoga w/Judy (AU) 1:30 Armchair Travel (AU) France: Paris Highlights and Side-trips	Swallows Depart from San Juan Capistrano Day 23 Today is a good day to: Sit back, relax, visit a friend or read a good book!!
Mother-in-Law Day 24 1:00 Ebenezer Choir (FR) 2:00 Ecumenical Worship (AU)	World Pasta Day 25 9:30 Qi-Gong (AU) 1:30 Spiritual Connection (RR) 6:30 Nick Davio (AU) 6:30 Poker (2F)	Horseless Carriage Day 26 9:00 Chair Yoga (AU) 10:00 Target/Aldi (TRP) 1:30 Art Class (AC) 5:00 Manicures (2F)	National Potato Day 27 9:30 Music & Movement (AU) 12:30 Ice Cream (BH) 1:30 Midweek Connection (RR) 2:30 Bingo (AU)	National Chocolate Day 28 9:30 Jewel/Osco (TRP) 1:30 Lilies – Bible Study (RR)	National Cat Day 29 10:00 Yoga w/Judy (AU) 1:30 Armchair Travel (AU) Scotland: Highlands and Islands	National Knock Knock Jokes Day 30 Today is a good day to: Sit back, relax, visit a friend or read a good book!!
Halloween 31 2:00 Ecumenical Worship (AU)						

ALL ACTIVITIES ARE SUBJECT TO CHANGE!!! PLEASE CHECK THE DAILY SHEET FOR ANY ADJUSTMENTS.

Please remember: Proper mask usage is required for all activities and in public spaces (ie: Lobby, Fountain Room, Auditorium, etc.)

Bethany Retirement Community ~ 4950 North Ashland Avenue ~ Chicago, Illinois 60640 ~ (773) 989-1501 ~ www.bethanyretirement.org