



# October

Breast Cancer Awareness Month  
Wear your pink on the 6th.



**BETHESDA GARDENS**  
a Bethesda Senior Living Community

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p><i>Independent art &amp; games are always available.</i></p> <p>10:30a: Church Service - AR</p> <p>1p: Independent Games - AR</p> <p>3p: Community Puzzles</p>	<p>2 <b>Doctor Appointment Day</b></p> <p>9a: Morning Walk w/Pam</p> <p>10a: Bible Study - AR</p> <p>10:30a: Manicures - AR</p> <p><b>11:30a: Lunch @ Whataburger - ED/WD</b></p> <p>1p: Exercise - AR</p> <p>3p: Door-to-Door Popcorn</p> <p>4p: Independent Games</p>	<p>3</p> <p>10a: Coffee Chat - AR</p> <p>10:30a: Devotional w/AI - P</p> <p>11a: Craft: Decorate the Mission Box - AR Garden Club Field Trip w/Israel</p> <p>1p: Exercise - AR</p> <p>2p: Craft &amp; Ice Cream Float Social - AR</p> <p>4p: I've Got It! - AR</p>	<p>4 <b>Doctor Appointment Day</b></p> <p>10a: Hangman: Philippians - AR</p> <p>10:30a: Bible Study - AR</p> <p>1p: Exercise - AR</p> <p>2p: BINGO - AR</p> <p>4p: Independent Games</p>	<p>5</p> <p>10a: Men's Group</p> <p>10:30a: BOGGLE</p> <p>2p: Dominoes - AR</p> <p>3p: Community Jigsaw Puzzles</p> <p>4p: Rock the Table - AR</p>	<p>6 <b>Breast Cancer Awareness Day</b></p> <p>9:30a: Coffee Chat - AR</p> <p>10:30a: BINGO w/Doug - AR</p> <p>1p: Exercise - AR</p> <p><b>1:30p: Trip to Big Lots - ED/WD</b></p> <p>4p: Independent Games - AR</p> 	<p>7</p> <p><b>Independent Art &amp; Games Anytime</b></p> <p>8:30a: Exercise - AR</p> <p>10a: Inspirational Thoughts - LIB</p> <p>11a: Famous Faces - AR</p> <p>2p: Manicures - AR</p> <p>4p: Community Puzzles</p>
<p>8</p> <p><i>Independent art &amp; games are always available.</i></p> <p>10a: Adult COLOR BOOKS - AR</p> <p>1p: Community Puzzles</p> <p>3p: Songs of Praise &amp; Devotion</p>	<p>9 <b>Doctor Appointment Day</b></p> <p>9a: Morning Walk w/Pam</p> <p>10a: Bible Study - AR</p> <p><b>11:30a: Lunch @ Whataburger</b></p> <p>1p: Exercise - AR</p> <p>3p: Bean Bag Toss - AR</p> <p>4p: Independent Games</p> 	<p>10</p> <p>10a: Coffee Chat - AR</p> <p>10:30a: Devotional w/AI - P</p> <p>11a: Craft: Decorate Fall Leaves - AR</p> <p>1p: Exercise - AR</p> <p>2p: Pokeno - AR</p> <p>4p: Word Unscramble - AR</p> 	<p>11 <b>Doctor Appointment Day</b></p> <p>10a: Hangman: Genesis - AR</p> <p>10:30a: Chicken Foot - AR</p> <p>1p: Exercise - AR</p> <p>2p: BINGO - AR</p> <p>4p: Independent Games</p>	<p>12</p> <p><b>9:30a: Trip to Dallas Arboretum</b> Admission: \$11 per person</p> <p>10a: Paint &amp; Express - AR Adult Color Books</p> <p>10:30a: Dice Squares - AR</p> <p>2p: Checkers - AR</p> 	<p>13</p> <p>9:30a: Coffee Chat - AR</p> <p>10:30a: BINGO - AR</p> <p>1p: Exercise</p> <p><b>1:30p: Trip to Kroger - ED/WD</b></p> <p>4p: Dominoes - AR</p>	<p>14</p> <p><b>Independent Art &amp; Games Anytime</b></p> <p>8:30a: Exercise - AR</p> <p>10a: Inspirational Thoughts - LIB</p> <p>11a: Famous Faces - AR</p> <p>2p: Manicures - AR</p> <p>4p: Community Puzzles</p>
<p>15</p> <p><i>Independent art &amp; games are always available.</i></p> <p>10:30a: Church Service - AR</p> <p>1p: Independent Games - AR</p> <p>3p: Community Puzzles</p>	<p>16 <b>Doctor Appointment Day</b></p> <p>9a: Morning Walk w/Pam</p> <p>10a: Bible Study - AR</p> <p>10:30a: Manicures - AR</p> <p>1p: Exercise - AR</p> <p><b>3p: Stories 'n Legends - AR</b></p> <p>4p: Independent Games</p>	<p>17</p> <p>10a: Coffee Chat - AR</p> <p>10:30a: Devotional w/AI - P</p> <p>11a: Cooking Demo w/SUPER CHEF Mandy - AR</p> <p>1p: Exercise - AR</p> <p>2p: Pumpkin Decorating - AR</p> <p>4p: Farkle - AR</p>	<p>18 <b>Doctor Appointment Day</b></p> <p>10a: Hangman: James - AR</p> <p>10:30a: Bible Study - AR</p> <p>1p: Exercise - AR</p> <p>2p: BINGO - AR</p> <p>3p: Flu Shots</p> <p>4p: Independent Games</p> 	<p>19</p> <p>10a: Paint &amp; Express - AR Adult Color Books - AR</p> <p>10:30a: BOGGLE - AR</p> <p><b>2p: Movie Outing w/Rhonda - ED/WD</b></p> <p>3p: Community Jigsaw Puzzles - AR</p> <p>4p: Rock the Table - AR</p>	<p>20</p> <p>9:30a: Coffee Chat - AR</p> <p>10:30a: BINGO w/Doug - AR</p> <p>1p: Exercise - AR</p> <p><b>1:30p: Trip to DOLLAR TREE - AR</b></p> <p>4p: Independent Games - AR</p>	<p>21</p> <p><b>Independent Art &amp; Games Anytime</b></p> <p>8:30a: Exercise - AR</p> <p>10a: Inspirational Thoughts - LIB</p> <p>11a: Famous Faces - AR</p> <p>2p: Manicures - AR</p> <p>4p: Community Puzzles</p>
<p>22</p> <p><i>Independent art &amp; games are always available.</i></p> <p>10a: Adult COLOR BOOKS - AR</p> <p>1p: Community Puzzles</p> <p>3p: Songs of Praise &amp; Worship</p>	<p>23 <b>Doctor Appointment Day</b></p> <p>9a: Morning Walk w/Pam</p> <p>10a: Bible Study - AR</p> <p>10:30a: Manicures - AR</p> <p><b>11:30a Lunch @ Taco Cabana - ED/WD</b></p> <p>1p: Exercise - AR</p> <p>4p: Independent Games</p>	<p>24</p> <p>10a: Coffee Chat - AR</p> <p>10:30a: Devotional w/AI - P</p> <p>11a: Famous Faces - AR</p> <p>1p: Exercise - AR</p> <p>2p: Pokeno- AR</p> <p>4p: Word Unscramble - AR</p> 	<p>25 <b>Doctor Appointment Day</b></p> <p>10a: Hangman: Colossians - AR</p> <p>10:30a: Chicken Foot - AR</p> <p>1p: Exercise - AR</p> <p>2p: BINGO - AR</p> <p>4p: Independent Games</p>	<p>26</p> <p>10a: Paint &amp; Express - AR Adult Color Books - AR</p> <p>10a: Men's Group</p> <p>10:30a: Dice Squares</p> <p>2p: Checkers - AR</p> <p>3p: Community Jigsaw Puzzles - AR</p> <p>4p: Scrabble - AR</p>	<p>27</p> <p>9:30a: Coffee Chat - AR</p> <p>10a: Fall Festival</p> <p>1p: Exercise - AR</p> <p><b>1:30p: Trip to Walmart - ED/WD</b></p> <p>4p: Dominoes - AR</p>	<p>28</p> <p><b>Independent Art &amp; Games Anytime</b></p> <p>8:30a: Exercise - AR</p> <p>10a: Inspirational Thoughts - LIB</p> <p>11a: Famous Faces - AR</p> <p>2p: Manicures - AR</p> <p>4p: Community Puzzles</p>
<p>29</p> <p><i>Independent art &amp; games are always available.</i></p> <p>10:30a: Church Service - AR</p> <p>1p: Independent Games - AR</p> <p>3p: Community Puzzles</p>	<p>30 <b>Doctor Appointment Day</b></p> <p>9a: Morning Walk w/Pam</p> <p>10a: Bible Study - AR</p> <p>10:30a: Manicures - AR</p> <p>1p: Exercise - AR</p> <p>3p: UNO! - AR</p> <p>4p: Independent Games</p> 	<p>31</p> <p>10a: Coffee Chat - AR</p> <p>11a: Resident Council - AR</p> <p>1p: Exercise - AR</p> <p>2p: Pet Therapy - AR</p> <p>3p: Birthday Bash!</p>	<p><b>Our Resident of the Month</b> <b>Eula Gilmore!</b></p> 		<p><b>CODING</b></p> <p>AC = American Cottage AR = Activity Room WD = West Dining Room ED = East Dining Room GR = Garden Room P = Parlor L = Lodge LIB = Library</p> 	
<p>Breakfast: 7:30AM—8:30AM Lunch: 12:00PM—1:00PM Dinner: 5:00PM—6:00PM <u>Always Available Menu:</u> 7:30AM - 6:00PM</p>						

# November



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

# December



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						