

October 2024

The Woodlands at Stowe

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Ty and Nat music 2:00 - Mah Jongg	30 9:30 - Exercise 2:00 - Trivia 3:30 - Letter Writing	1 9:30 - Stowe Errands 10:00 - Better Balance 2:00 - Book Group 4:00 - L in Chemistry	2 9:30 - Exercise 1:00 - OSHER 3:00 - Bingo	3 11:00 - Exercise 12:00- 2nd Chance (FT) 2:00 - Chair Yoga 4:15 - Cards (Stowe Library)	4 9:30 - Exercise 10:30 - Morrisville Errands 2:00 - Mandala Coloring	5
6 Meal Time 12:30 1:15 - Young Frankenstein matinee 2:00 - Mah Jongg	7 9:30 - Exercise 10:30 - Bible Study 2:00 - Trivia 1:00 - Hair Cutting 3:30 - Writer's Group	8 9:30 - Stowe Errands 10:00 - Better Balance 3:00 - Resident Council 2:00 - Poetry Reading 4:00 - L in Chemistry	9 9:30 - Exercise 1:00 - OSHER 3:00 - Swallowing & Aging 4:00 - Handwork	10 10:30 - Exercise 12:00 - BBQ Potluck! 1:30 - Debbie Carries a Tu 3:30 - Rummikub (GR)	11 9:30 - Exercise (on own) 10:30 - Stowe Errands 2:00 - Mandala Coloring	12
13 Meal Time 12:30 1:15 - Young Frankenstein matinee 2:00 - Mah Jongg	14 9:30 - Exercise 10:30 - Bible Study 2:00 - Trivia 3:30 - Letter Writing	15 9:30 - Stowe Errands 10:00 - Better Balance 10:15 - Blood Pressure 11:00 - Community Meeti 1:00 - Paint w/Laura 4:00 - L in Chemistry	16 9:30 - Exercise 1:00 - OSHER 3:00 - Birthday Party! 4:00 - 4th flr Lawn Games	17 10:30 - Exercise 1:00 - Bill AARP /Fraud 2:00 - Chair Yoga	18 9:30 - Exercise 10:30 - Stowe Errands 12:00 - Coffee/Lunch (FT) Artisanal Coffe & Tea Co	19
20 Meal Time 12:30 2:00 - Mah Jongg	21 9:30 - Exercise 10:30 - Bible Study 2:00 - Trivia 3:30 - Writer's Group	22 9:30 - Stowe Errands 10:00 - Better Balance 10:15 - Auxiliary Luncheon 4:00 - L in Chemistry	23 9:30 - Exercise 10:30 - Coffee and Donuts 10:30 - Michael St. Pierre 1:00 - OSHER 1:00 - Assistive Tech Show 4:00 - Handwork Group	24 10:30 - Exercise 2:00 - Armchair Travel 3:30 - Rummikub (GR)	25 9:30 - Exercise 10:30 - Stowe Errands 2:00 - Mandala Coloring	26
27 Meal Time 12:30	28 9:30 - Exercise 10:30 - Bible Study 2:00 - Trivia 3:30 - Letter Writing	29 9:30 - Stowe Errands 10:00 - Better Balance 2:00 - Book Group	30 9:30 - Exercise	31 10:30 - Exercise 11:30 - Story Hour/Costur 4:30 - Joe Ciccolo 4:30 - Costume Party 5:15 - Halloween Soiree		KEY Music Field Trip (FT) Outside Presenter Birthday