Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ober fun, fall activities at		11:00 – DVD CARDIO LR 12:00 – Mindful Meditation with Blossom LR 3:00 – Bingo LR  October is CRANBERRY MONTH – stop by the front porch from 2-2:45pm for a glass of juice and music of the 60's!  Yom Kippur Begins	1 10:00 - Pool Is Fun PR* 11:30 - Strength & Balance with Blossom LR 12:00 - ANNUAL FALL FESTIVAL (parking lot in front of Linden House) *no Pokeno today*	11:00 – DVD CARDIO LR  12:30 – Strengthening Exercises with Powerback Rehab LR  1:00 – Phase Ten ACR*  3:00 – Happy Hour with Kim & Jimbo Cary: special thanks to We Bring the Music for providing this performance! LR	2:00 – Pool Room Fun PR* 4 3:00 – Mexican Train Dominos LR* 6:00 – Popcorn & Movie Night LR*
Birdwatching in the Courtyard*	12:00 – Strength & Balance with Blossom LR 1:00 – Arts & Crafts:	3:00 – Bridge ACR 7 3:00 – Happy Hour with the Best of Classic TV Game Shows LR	11:00 – DVD CARDIO LR 12:00 – Mindful Meditation with Blossom LR 3:00 – Bingo LR  Happy FLUFFERNUTTER DAY – celebrate by stopping by the front parlor at noon for a freshly made Peanut Butter & Fluff Sandwich!	8 10:00 - Pool Is Fun PR* 11:30 - Strength & Balance with Blossom LR 1:00 - October Birthday Party: all are welcome! DR 2:00 - Pokeno LR	11:00 – DVD CARDIO LR 11:15 – BUS TRIP:  Lunch At Timberwood Grill 12:30 – Strengthening Exercises with Powerback Rehab LR 1:00 – Phase Ten ACR* 3:00 – Happy Hour "Get To Know Ya" Table Topics LR	2:00 – Pool Room Fun PR* <b>11</b> 3:00 – Mexican Train Dominos LR* 6:00 – Popcorn & Movie Night LR*
Birdwatching in	12:00 – Strength & Balance with Blossom LR	1:00 – Bridge ACR* 14 3:00 – "Hoot of a Day" Happy Hour with Owl Trivia Q&A LR  Simchat Torah Begins	11:00 – DVD CARDIO LR 12:00 – Mindful Meditation with Blossom LR 3:00 – Bingo LR  October is BLUE JEANS MONTH – today, wear your favorite pair of blue jeans!	5 10:00 - Pool Is Fun PR* 16 11:30 - Strength & Balance with Blossom LR 2:00 - Pokeno LR	11:00 – DVD CARDIO LR 12:30 – Strengthening Exercises with Powerback Rehab LR 1:00 – Phase Ten ACR* 3:00 – Happy Hour with Matthew O'Donnell LR	7 2:00 – Pool Room Fun PR* 18 3:00 – Mexican Train Dominos LR* 6:00 – Popcorn & Movie Night LR*
Birdwatching in the Courtyard* 2:00 – Pool Room Fun PR*	12:00 – Strength & Balance with Blossom LR 1:00 – Coffee & Donuts Social Hour GR/FP 2:00 – Bridge/5:30 – Canasta LR*	3:00 – "Statue of Liberty Anniversary" Happy Hour with The History of Lady Liberty LR	11:00 – DVD CARDIO LR 12:00 – Mindful Meditation with Blossom LR 3:00 – Bingo LR  October is CANDY CORN MONTH – stop by outside the front parlor to pick up a classic treat!	11:30 – Strength & Balance with Blossom LR 1:00 – Arts & Crafts: Making Halloween Masks for Party ACR 2:00 - Pokeno LR	Scenic Skyline Drive & Lunch at Big Meadows 11:00 – DVD CARDIO LR 12:30 – Strengthening Exercises with Powerback Rehab LR 1:00 – Phase Ten ACR* 3:00 – "World Kangaroo Day" Happy Hour with NatGeo Documentary LR	2:00 – Pool Room Fun PR* 25 3:00 – Mexican Train Dominos LR* 6:00 – Popcorn & Movie Night LR*
Birdwatching in the Courtyard* 2:00 – Pool Room Fun PR*	12:00 – Strength & Balance with Blossom LR 1:00 – Monday Matinee: Hocus Pocus & Halloween Movie Snacks LR 2:00 – Bridge ACR/5:30 – Canasta LR*	3:00 – Happy Hour with Fritz Horisk LR	12:00 – Mindful Meditation with Blossom LR 3:00 – Bingo LR  October is WORLD SERIES MONTH – even if your team is already out, support them and wear your favorite baseball gear!	11:30 – Strength & Balance with Blossom LR 1:00 – Arts & Crafts: Making Halloween Posters for Halloween Party ACR 2:00 - Pokeno LR	11:00 - DVD CARDIO LR 12:30 - Strengthening Exercises with Powerback Rehab LR 1:00 - Phase Ten ACR* 2:00 - Halloween Party - dress up OR come as you are! LR	
The Manor House Inde	ependent Living at Branchl	lands – any questions abo	ut the calendar? Call 434	-973-9044 or email ischaffe	r@branchlands.com	*resident led activity