


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																											
	<p><b>1</b></p> <p>9:30 🌿 Brain Exercise and Coffee [B] 9:30 🧡 Morning Stroll 10:00 🧡 Chair Exercise [FC] 10:35 🧡 Cardio Chair Exercise [FC] 11:00 🌟 St Marks Catholic Church Communion 1:30 🏊 Aqua-Fit Warm Salt Water Pool Exercise [O] 1:30 🎮 Games in the Bistro [B] 3:00 🧡 Chair Massage 3:00 🌟 PBS Documentary Series- Ken Burns The Vietnam War [TH] 6:30 Monday Night Movie - Stronger [TH]</p>	<p><b>2</b></p> <p><b>Doctors Appointments</b> 9:30 🌿 Brain Exercise and Coffee [B] 10:00 🧡 Chair Exercise [FC] 10:35 🧡 Cardio Chair Exercise [FC] 11:00 🌟 Bible Study with Reg from First Frisco United Methodist Church 1:00 📺 Museum Masterpieces- Love of Art [TH] 1:30 🎮 Bridge [CR] 1:30 🎮 Games in the Bistro [B] 5:00 🎮 National Night Out [O] 6:30 Tuesday Night Movie - The Great Outdoors [TH]</p>	<p><b>3</b></p> <p>9:30 🌿 Brain Exercise and Coffee [B] 9:30 🧡 Morning Stroll 10:00 🧡 Chair Exercise [FC] 10:35 🧡 Cardio Chair Exercise [FC] 11:00 🏠 Outing- Lunch at Norma's Cafe [O] 1:30 🎮 Bingo with Carla from Reliant Home Health [CR] 1:30 🎮 Games in the Bistro [B] 3:00 📺 Culinary Chat [CR] 4:00 🏠 Beer Tasting with Edgar [RT] 6:30 Wednesday Night Movie - A Brilliant Young Mind [TH]</p>	<p><b>4</b></p> <p><b>Doctors Appointments</b> 9:30 🌿 Brain Exercise and Coffee [B] 10:00 🧡 Chair Exercise [FC] 10:35 🧡 Cardio Chair Exercise [FC] 1:30 🌟 Flower Arranging 1:30 🎮 Games in the Bistro [B] 3:30 🎮 Happy Hour with Russell Turner [B] 6:30 Thursday Night Movie - The African Queen [TH]</p>	<p><b>5</b></p> <p>9:30 🌿 Brain Exercise and Coffee [B] 9:30 🧡 Morning Stroll 10:00 📺 Dallas Museum of Art- The American Silver Collection [AS] 1:30 🎮 Central Market or Walmart [O] 1:30 🧡 Chair Exercise [FC] 1:30 🎮 Games in the Bistro [B] 2:00 🎮 Crafts [AS] 2:05 🧡 Cardio Chair Exercise 3:30 🎮 Bingo [CR] 6:30 Friday Night Movie - Mr. Mom [TH]</p>	<p><b>6</b></p> <p>9:30 🌿 Brain Exercise and Coffee [B] 10:00 🧡 Chair Exercise [FC] 10:35 🧡 Cardio Chair Exercise [FC] 10:35 🧡 Cardio Chair Exercise [FC] 1:00 🎮 Jewelry Making with Stacey [AS] 1:30 🎮 Games in the Bistro [B] 3:00 🌟 Bible Study 3:00 🎮 Bingo [CR] 6:30 Saturday Night Movie - Get Shorty [TH]</p>																											
<p><b>7</b></p> <p>8:00 🌟 Joel Osteen Televised weekly Sermon [CR] 9:30 🌿 Brain Exercise and Coffee [B] 10:00 🧡 Chair Exercise [FC] 11:00 🌟 Catholic Mass - Televised [CR] 1:00 🎮 The Write Word Game [CR] 1:30 🎮 Games in the Bistro [B] 2:00 🏠 Texas Hold Em Poker [CR] 6:30 Sunday Night Movie [TH]</p>	<p><b>8</b></p> <p>9:30 🌿 Brain Exercise and Coffee [B] 9:30 🧡 Morning Stroll 10:00 🧡 Chair Exercise [FC] 10:00 🏠 Heritage Farms Dallas Banjo Band and Ice Cream Social [O] 10:35 🧡 Cardio Chair Exercise [FC] 11:00 🌟 St Marks Catholic Church Communion 1:30 🏊 Aqua-Fit Warm Salt Water Pool Exercise [O] 1:30 🎮 Games in the Bistro [B] 3:00 🧡 Chair Massage 3:00 🌟 PBS Documentary Series- Ken Burns The Vietnam War [TH] 6:30 Monday Night Movie [TH]</p>	<p><b>9</b></p> <p><b>Doctors Appointments</b> 9:30 🌿 Brain Exercise and Coffee [B] 10:00 🧡 Chair Exercise [FC] 10:35 🧡 Cardio Chair Exercise [FC] 11:00 🌟 Bible Study with Reg from First Frisco United Methodist Church 1:30 🎮 Bridge [CR] 1:30 🎮 Games in the Bistro [B] 3:30 🌟 Art Class with Reena [AS] 4:00 🎮 Trivia and Treats with Stacey [CR] 6:30 Tuesday Night Movie [TH]</p>	<p><b>10</b></p> <p>9:30 🌿 Brain Exercise and Coffee [B] 9:30 🧡 Morning Stroll 10:00 🧡 Chair Exercise [FC] 10:00 🧡 Total Hearing Care 10:35 🧡 Cardio Chair Exercise [FC] 1:00 🗳️ AARP- Plano Candidate Forum [TH] 1:15 🏠 Outing- Autumn at the Dallas Arboretum [O] 1:30 🎮 Bingo with Carla from Reliant Home Health [CR] 1:30 🎮 Games in the Bistro [B] 6:30 Wednesday Night Movie [TH]</p>	<p><b>11</b></p> <p><b>Doctors Appointments</b> 9:30 🌿 Brain Exercise and Coffee [B] 10:00 🧡 Chair Exercise [FC] 10:35 🧡 Cardio Chair Exercise [FC] 1:30 🎮 Crafts [AS] 1:30 🎮 Games in the Bistro [B] 3:30 🎮 Happy Hour with Doc Gibbs [B] 6:30 Thursday Night Movie [TH]</p>	<p><b>12</b></p> <p>9:30 🌿 Brain Exercise and Coffee [B] 9:30 🧡 Morning Stroll 10:00 🎮 Central Market, Walmart &amp; Sams Club [O] 1:30 🧡 Chair Exercise [FC] 1:30 🎮 Games in the Bistro [B] 2:00 🎮 Crafts [AS] 2:05 🧡 Cardio Chair Exercise [FC] 3:30 🎮 Bingo [CR] 6:30 Friday Night Movie [TH]</p>	<p><b>13</b></p> <p>9:30 🌿 Brain Exercise and Coffee [B] 10:00 🧡 Chair Exercise [FC] 10:35 🧡 Cardio Chair Exercise [FC] 1:00 🎮 Jewelry Making with Stacey [AS] 1:30 🎮 Games in the Bistro [B] 3:00 🌟 Bible Study 3:00 🎮 Bingo [CR] 6:30 Saturday Night Movie [TH]</p>																											
<p><b>14</b></p> <p>8:00 🌟 Joel Osteen Televised weekly Sermon [CR] 9:30 🌿 Brain Exercise and Coffee [B] 10:00 🧡 Chair Exercise [FC] 11:00 🌟 Catholic Mass - Televised [CR] 1:00 🌟 Smashing Times- Mosaic Art [AS] 1:00 🎮 The Write Word Game [CR] 1:30 🎮 Games in the Bistro [B] 2:00 🏠 Texas Hold Em Poker [CR] 3:00 🌟 Sing along Hymns with Ruth [TH] 6:30 Sunday Night Movie [TH]</p>	<p><b>15</b></p> <p>9:30 🌿 Brain Exercise and Coffee [B] 9:30 🧡 Morning Stroll 10:00 🧡 Chair Exercise [FC] 10:35 🧡 Cardio Chair Exercise [FC] 11:00 🌟 St Marks Catholic Church Communion 1:30 🏊 Aqua-Fit Warm Salt Water Pool Exercise [O] 1:30 🎮 Games in the Bistro [B] 3:00 🌟 PBS Documentary Series- Ken Burns The Vietnam War [TH] 6:30 Monday Night Movie [TH]</p>	<p><b>16</b></p> <p><b>Doctors Appointments</b> 9:30 🌿 Brain Exercise and Coffee [B] 10:00 🧡 Chair Exercise [FC] 10:35 🧡 Cardio Chair Exercise [FC] 11:00 🌟 Bible Study with Reg from First Frisco United Methodist Church 1:00 📺 Museum Masterpieces- Love of Art [TH] 1:30 🎮 Bridge [CR] 1:30 🎮 Games in the Bistro [B] 2:00 🌟 Grief Support Group 6:30 Tuesday Night Movie [TH]</p>	<p><b>17</b></p> <p>9:30 🌿 Brain Exercise and Coffee [B] 9:30 🧡 Morning Stroll 10:00 🧡 Chair Exercise [FC] 10:00 🏠 Outing- State Fair of Texas [O] 10:35 🧡 Cardio Chair Exercise [FC] 1:30 🎮 Bingo with Carla from Reliant Home Health [CR] 1:30 🎮 Games in the Bistro [B] 4:00 🏠 Beer Tasting with Edgar [RT] 6:30 Wednesday Night Movie [TH]</p>	<p><b>18</b></p> <p><b>Doctors Appointments</b> 9:30 🌿 Brain Exercise and Coffee [B] 10:00 🧡 Chair Exercise [FC] 10:35 🧡 Cardio Chair Exercise [FC] 1:30 🌟 Flower Arranging 1:30 🎮 Games in the Bistro [B] 3:30 🎮 Happy Hour with Marty Ruiz [B] 6:30 Thursday Night Movie [TH]</p>	<p><b>19</b></p> <p>9:30 🌿 Brain Exercise and Coffee [B] 9:30 🧡 Morning Stroll 10:00 🎮 Central Market or Walmart [O] 10:00 📺 Nellie's Closet Shopping [B] 1:30 🧡 Chair Exercise [FC] 2:00 🎮 Crafts [AS] 2:05 🧡 Cardio Chair Exercise [FC] 3:30 🎮 Bingo [CR] 6:30 Friday Night Movie [TH]</p>	<p><b>20</b></p> <p>9:30 🌿 Brain Exercise and Coffee [B] 10:00 🧡 Chair Exercise [FC] 10:35 🧡 Cardio Chair Exercise [FC] 1:00 🎮 Jewelry Making with Stacey [AS] 1:30 🎮 Games in the Bistro [B] 3:00 🌟 Bible Study 3:00 🎮 Bingo [CR] 6:30 Saturday Night Movie [TH]</p>																											
<p><b>21</b></p> <p>8:00 🌟 Joel Osteen Televised weekly Sermon [CR] 9:30 🌿 Brain Exercise and Coffee [B] 10:00 🧡 Chair Exercise [FC] 11:00 🌟 Catholic Mass - Televised [CR] 1:00 🏠 Silver Derby Horse Races [B] 1:00 🎮 The Write Word Game [CR] 1:30 🎮 Games in the Bistro [B] 2:00 🏠 Texas Hold Em Poker [CR] 6:30 Sunday Night Movie [TH]</p>	<p><b>22</b></p> <p>9:30 🌿 Brain Exercise and Coffee [B] 9:30 🧡 Morning Stroll 10:00 🧡 Chair Exercise [FC] 10:35 🧡 Cardio Chair Exercise [FC] 11:00 🌟 St Marks Catholic Church Communion 1:30 🏊 Aqua-Fit Warm Salt Water Pool Exercise [O] 1:30 🎮 Games in the Bistro [B] 3:00 🧡 Chair Massage 3:00 🌟 PBS Documentary Series- Ken Burns The Vietnam War [TH] 6:30 Monday Night Movie [TH]</p>	<p><b>23</b></p> <p><b>Doctors Appointments</b> 9:30 🌿 Brain Exercise and Coffee [B] 10:00 🧡 Chair Exercise [FC] 10:35 🧡 Cardio Chair Exercise [FC] 11:00 🌟 Bible Study with Reg from First Frisco United Methodist Church 1:30 🎮 Bridge [CR] 1:30 🎮 Games in the Bistro [B] 3:30 🌟 Art Class with Reena [AS] 4:00 🎮 Trivia and Treats with Stacey [CR] 6:30 Tuesday Night Movie [TH]</p>	<p><b>24</b></p> <p>9:30 🌿 Brain Exercise and Coffee [B] 9:30 🧡 Morning Stroll 10:00 🧡 Chair Exercise [FC] 10:30 🏠 Outing- Choctaw Casino [O] 10:35 🧡 Cardio Chair Exercise [FC] 1:30 🌟 Rabbi Wolk [TH] 1:30 🎮 Bingo with Carla from Reliant Home Health [CR] 1:30 🎮 Games in the Bistro [B] 6:30 Wednesday Night Movie [TH]</p>	<p><b>25</b></p> <p><b>Doctors Appointments</b> 9:30 🌿 Brain Exercise and Coffee [B] 10:00 🧡 Chair Exercise [FC] 10:35 🧡 Cardio Chair Exercise [FC] 1:30 🎮 Crafts [AS] 1:30 🎮 Games in the Bistro [B] 5:00 🎮 October Birthday Celebration with Tony Macaroni [DR] 6:30 Thursday Night Movie [TH]</p>	<p><b>26</b></p> <p>9:30 🌿 Brain Exercise and Coffee [B] 9:30 🧡 Morning Stroll 10:00 🎮 Central Market or Walmart [O] 1:30 🧡 Chair Exercise [FC] 1:30 🎮 Games in the Bistro [B] 2:00 🎮 Crafts [AS] 2:05 🧡 Cardio Chair Exercise [FC] 2:30 📺 Technology Troubleshooting [CR] 3:30 🎮 Bingo [CR] 6:30 Friday Night Movie [TH]</p>	<p><b>27</b></p> <p>9:30 🌿 Brain Exercise and Coffee [B] 10:00 🧡 Chair Exercise [FC] 10:35 🧡 Cardio Chair Exercise [FC] 1:00 🎮 Jewelry Making with Stacey [AS] 1:30 🎮 Games in the Bistro [B] 3:00 🌟 Bible Study 3:00 🎮 Bingo [CR] 6:30 Saturday Night Movie [TH]</p>																											
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