

Welcome Fall Oct 2024

Oct 2 9a-12p Nursing Students BP Checks

Oct 4 9a Coffee & Cinnamon Rolls w/a Cop

9a Quilting Bee

12p Monthly Birthday Celebration

Oct 7 10a Volunteer Orientation

1030a Tai Chi for Arthritis & Fall

Oct 9 9a-12p Nursing Students BP Checks

Oct 10 2p Mental Health Talk



Oct 11 Medicaid Planning, Estate Recovery & Protecting Real Estate

1230p Bad Art Event

Oct 14 10a Brain Health Neurofeedback

Oct 16 9a-11a Resource Fair

1030a Trivia w/Louise

Oct 17 1145a Meet w/Case Mgr

Oct 18 Wear Pink Breast Cancer

9a Quilting Bee

10a Establishing an Ergonomic Garden

1230 Paint Pouring w/Janyce \$10

Oct 21 10a Leland Larks Broadway Show

Oct 23 9a-12p Nursing Students BP Checks

**Oct 24 10a CG Support Group
2p Mental Health Talk**

**Oct 25 10a Aging In Place & Importance of a Will (zoom call)
10a Ageism by Dr. Tina Newsham (in person presentation)**

1230p Seashell Crafts

Oct 28 10a Volunteering & Brain Health

Oct 30 9a-12p Nursing Students BP Checks

930a Coups for Troops

10a Halloween Party