

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2021

Independent Living Activity Calendar

2901 Northeast 72nd Street. Gladstone, MO 64119

<p>7:00 Catholic Mass- 3 CH.15 9:00- In Touch with Dr. Charles Stanley- Ch. 10 12:00PM Chiefs VS Philadelphia Eagles (CBS 3)</p>	<p>9:00 Senior Stretch-GR⁴ 9:15 Catholic Communion 10:00 Bible Study</p>	<p>9:00 Core Fitness-GR⁵ 1:30 Strength Class-GR 6:00 Phase 10-AR</p>	<p>9:00 Senior Stretch-GR⁶ 10:00 Church Services 6:00 5 Crowns-AR</p>	<p>9:00 Core Fitness- GR⁷ 1:30 Strength Class-GR 6:00 Kings in the Corner-AR</p>	<p>9:00 Senior Stretch-⁸ GR 3:00 Happy Hour -ID</p>	<p>8:30 Strength Class- GR² 9:30 Core Fitness- GR 10:00 Men's Coffee</p>
<p>7:00 Catholic Mass-¹⁰ CH.15 9:00- In Touch with Dr. Charles Stanley- Ch. 10 7:20PM Chiefs VS Buffalo Bills (NBC 13)</p>	<p>9:00 Senior Stretch-GR¹¹ 9:15 Catholic Communion 9:30 Manicures- L 10:00 Bible Study 3:00 Bingo ID <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)</small></p>	<p>9:00 Core Fitness-GR¹² 1:00 Bridge-AR 1:30 Strength Class-GR 6:00 Phase 10-AR</p>	<p>9:00 Senior Stretch-GR¹³ 10:00 Church Services 6:00 5 Crowns-AR</p>	<p>9:00 Core Fitness- GR¹⁴ 1:30 Strength Class-GR 6:00 Kings in the Corner-AR</p>	<p>9:00 Senior Stretch-¹⁵ GR 3:00 Happy Hour -ID</p>	<p>8:30 Strength Class- GR¹⁶ 9:30 Core Fitness- GR 10:00 Men's Coffee</p>
<p>7:00 Catholic Mass-CH.¹⁷ 9:00- In Touch with Dr. Charles Stanley- Ch. 10 12:00PM Chiefs VS Washington State (CBS 3) HAPPY BIRTHDAY ROSEMARIE GREER!</p>	<p>9:00 Senior Stretch-GR¹⁸ 9:15 Catholic Communion 9:30 Manicures- L 10:00 Bible Study 2:00 Food Council-ID 3:00 Bingo ID</p>	<p>9:00 Core Fitness-GR¹⁹ 1:30 Strength Class-GR 6:00 Phase 10-AR</p>	<p>9:00 Senior Stretch-GR²⁰ 10:00 Church Services 3:00 Resident Council 6:00 5 Crowns-AR</p>	<p>9:00 Core Fitness- GR²¹ 1:30 Strength Class-GR 6:00 Kings in the Corner-AR</p>	<p>9:00 Senior Stretch-²² GR 3:00 Musical Bingo- ID</p>	<p>8:30 Strength Class- GR²³ 9:30 Core Fitness- GR 10:00 Men's Coffee</p>
<p>7:00 Catholic Mass-²⁴ CH.15 9:00- In Touch with Dr. Charles Stanley- Ch. 10 12:00PM Chiefs VS Tennessee Titans (CBS 3)</p>	<p>9:00 Senior Stretch-GR²⁵ 9:15 Catholic Communion 9:30 Manicures- L 10:00 Bible Study 3:00 Bingo ID</p>	<p>9:00 Core Fitness-GR²⁶ 1:00 Bridge-AR 1:30 Strength Class-GR 6:00 Phase 10-AR</p>	<p>9:00 Senior Stretch-GR²⁷ 10:00 Church Services 2:00 Birthday Party-ID 6:00 5 Crowns-AR</p>	<p>9:00 Core Fitness- GR²⁸ 1:30 Strength Class-GR 6:00 Kings in the Corner-AR</p>	<p>9:00 Senior Stretch-²⁹ GR 3:00 Happy Hour -ID</p>	<p>8:30 Strength Class- GR³⁰ 9:30 Core Fitness- GR 10:00 Men's Coffee</p>

L-Library, C-Chapel, AR-Activity Room, CR-Community Room, FL-Front Lobby, HD-Healthcare Dining, AD-Assisted Living Dining, WL-West Lobby (HC), EL- East Lobby (HC) ID-Independent Living Dining HP- Healthcare Private Dining, AL-Assisted Living Lower Lobby, AU- Assisted Living Upper Lobby

REMEMBER ACTIVITIES ARE SUBJECT TO CHANGE