



# Gladstone Seniors Residence OCTOBER 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px solid black; padding: 5px; width: fit-content;">           Activities may change on daily basis due to weather, cancellations or last minute changes or additions.         </div>		<b>1</b> 9:30 Upper Body Strength  2:00 BINGO	<b>2</b> 9:30 Lower Body Strength 11:00 Rosary 2:30 FATHER LOUIE	<b>3</b> 9:30 Upper Body Strength 11:00 LUTHERAN  2:00 CARD BINGO	<b>4</b> 9:30 Lower Body Strength  2:00 WHEEL OF FORTUNE	<b>5</b>
<b>6</b> <b>SUNDAY BRUNCH</b> Family and friends welcome 24 hour notice	<b>7</b> 9:30 Upper Body Strength  2:00 BEAN BAG TOSS	<b>8</b> 9:30 Lower Body Strength  2:00 CRAFT	<b>9</b> 9:30 Upper Body Strength 11:00 Rosary 2:00 BINGO	<b>10</b> 9:30 Lower Body Strength 11:00 ST.MARY'S 2:00 BOWLING <b>JOHN M.</b>	<b>11</b> 9:30 Lower Body Strength  2:00 WHIST	<b>12</b>  <b>PAMPERING YOUR NAILS</b>
<b>13</b> <b>SUNDAY BRUNCH</b> Family and friends welcome 24 hour notice  <b>KATIE P.</b>	<b>14</b> 	<b>15</b> 9:30 Lower Body Strength  2:00 BINGO	<b>16</b> 9:30 Upper Body Strength 11:00 Rosary 2:00 OYSTRICK BROTHERS	<b>17</b> 9:30 Lower Body Strength  2:00 CARD BINGO	<b>18</b> 9:30 Upper Body Strength  2:00 YAHTZEE	<b>19</b>
<b>20</b> <b>SUNDAY BRUNCH</b> Family and friends welcome 24 hour notice	<b>21</b> 9:30 Upper Body Strength  2:00 BEAN BAG BOCCE	<b>22</b> 9:30 Lower Body Strength  2:00 CURLING	<b>23</b> 9:30 Upper Body Strength 11:00 Rosary 2:00 BINGO	<b>24</b> 9:30 Lower Body Strength 10:00 – 12:00 FLU CLINIC  2:00 RING TOSS	<b>25</b> 9:30 Lower Body Strength  2:00 WHIST	<b>26</b>  <b>PAMPERING YOUR NAILS</b>
<b>27</b> <b>SUNDAY BRUNCH</b> Family and friends welcome 24 hour notice	<b>28</b> 9:30 Upper Body Strength  2:00 BIRTHDAY PARTY	<b>29</b> 9:30 Lower Body Strength  2:00 BINGO	<b>30</b> 9:30 Upper Body Strength 11:00 Rosary 2:00 CRAFT WITH DAYCARE KIDS	<b>31</b> 9:30 Lower Body Strength  2:00 PUMKIN CARVING <b>MONTHLY WEIGHTS</b>		