October 12 - 18, 2026

MONDAY 10/12	TUESDAY 10/13	WEDNESDAY 10/14	THURSDAY 10/15	FRIDAY 10/16	SATURDAY 10/17
7:30 am WR Meditation **8:15 am WR** Yoga **9 am North Parking Lot** Bike Ride **9:30 am WR** Yoga **10 am - 1:30 pm DR** Vaccine Clinic **11 am WR** T'ai Chi Chih **1 pm C Arts** Open Studio: Collage **1:30 pm WR** Mah Jongg **2 pm EDR** Letter Writing **4 pm SOL** Happy Hour **5:30 pm DR** Indigenous Peoples' Day Dinner **7 pm WDR/CS** Cribbage & Game Night **7:15 pm DR** Jim Bear Jacobs Indigenous Peoples' Day Presentation	**8 am WR** Stretchers **8 am CHP** Buddhist Sangha **9 am WR** Men's Yoga **10 am DR** Senior Resource Fair **10:30 am WDR** Food Service Committee **10 am C Arts** Card Recyclers **11 am WR** Pilates **12:30 pm WDR** Marketing Committee **2:30 pm WDR** Grounds Committee **4 pm Pkwy** Good Trouble Tuesdays **5:30 pm DR** Dinner **7 pm WR** Companions on our Health Journey	**7:30 am WR** Meditation **8:15 am WR** Yoga **9:30 am WR** Yoga **11 am WR** T'ai Chi Chih **12 pm DR** Lunch **12 pm WR** Men's Yoga **7 pm DR** LaPlant Road	**8 am WR** Stretchers **9 am WR** Men's Yoga **10:15 am CHP** AA Meeting **11 am WR** Pilates **12 pm DR** Lunch **1 pm Bus** Shopping: Highland Village **1 pm Fitness Ctr.** Strength Training **2:30 pm DR** Cookie Cart **3:30 pm LIB** Learn About our Library **7 pm DR** Protect the Vote Event	**7:30 am WR** Meditation **8:15 am WR** Yoga **9 am DR** Tech Help Desk **9:30 am WR** Yoga **10 am SOL** Yarn Group **11 am WR** Qigong **4 pm SOL** Happy Hour **5:30 pm DR** Dinner	**9 - 10 am DR** Breakfast **10:30 am WDR** Ukulele Practice --- **SUNDAY 10/18** **9 am WR** Men's Yoga **12 pm DR** Lunch (Delivery Only) **7 pm DR** Movie: *Turner* **Location Key** Chapel - CHP Coffee Shop - CS 4th Fl. Conf Room - CR Creative Arts - C Arts E. Dining Room - EDR Game Room - GR Kensington Sq - KS Library - LIB North Commons - NC River Parkway - Pkwy Solarium - SOL Wellington Rm - DR W. Dining Room - WDR Windsor Room - WR