













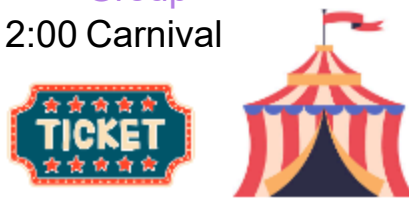


October 2025

Spruce Lodge Nursing Home



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:30 Name that Tune 1 11:00 Men's Music Group 2:00 Community Music Jam 3:00 Café Social	10:00 Walking Group 2 11:00 Church Service 2:00 Bingo 3:00 Café Social 3:30 Choir Group 6:30 Tea Party Social	10:30 Carpet Bowling 3 2:00 What I'm Grateful for Program 3:00 Cafe Social 	10:30 Bingo 4 2:00 News and Events 3:00 Cafe Social 
10:00 TV Church Service 5 2:00 Word Games 3:00 Cafe Social	10:30 Fun & Fitness 6 11:00 Women's Music Group 2:00 Sing-a-Long with Karen 3:00 Cafe Social 6:30 2 Gals and a Guitar	10:30 Unleash Your Sunflower Program 7 2:00 Bingo 3:00 Café Social 	10:30 Mindfulness Jars Craft 8 11:00 Men's Music Group 11:15 RC Church Service 2:00 Then and Now Band 3:00 Café Social	10:30 Being Your Best You Program 9 2:00 Bingo 3:00 Café Social 3:30 Choir Group	10:30 Advice for Your Younger Self 10 2:00 Music by Jessica Ducharme 3:00 Cafe Social 	10:30 Bingo 11 2:00 Exercise 3:00 Café Social 
10:00 TV Church Service 12 10:30 Cards & Games 2:00 Music by Mike Ryan 3:00 Cafe Social	Thanksgiving Day 13 No Staff 2:00 Fall Movie 	10:00 Adam's Advanced Exercises 14 2:00 Bingo 3:00 Café Social	10:30 Community Music 15 2:00 Music by Bob Lauze 	10:30 Oktoberfest Trivia 16 11:00 Church Service 12:30 Oktoberfest BBQ Lunch 2:00 Bingo 3:00 Café Social 3:30 Choir Group 6:30 Manicures 	10:30 Scrapbooking 17 2:00 Balloon Volleyball 3:00 Cafe Social 	10:30 Bingo 18 2:00 Word Games 3:00 Café Social 
10:00 TV Church Service 19 2:00 Cottage Reading Groups 3:00 Cafe Social	10:30 DROM Fit Group 20 11:00 Women's Music Group 2:00 Music by Sheryl Walsh 3:00 Cafe Social	10:00 Adam's Advanced Exercises 21 2:00 Bingo 3:00 Café Social 	10:30 Resident Council 22 11:00 Men's Music Group 2:00 Baseball Game 3:00 Café Social	10:00 Walking Group 23 11:00 Church Service 2:00 Bingo 3:00 Café Social 3:30 Choir Group 6:15 Reminiscing Group	10:30 News and Events 24 2:00 Pumpkin Painting 3:00 Cafe Social 	10:30 Bingo 25 2:00 Fun & Fitness 3:00 Café Social 
10:00 TV Church Service 26 2:00 Movie Matinee 3:00 Cafe Social 	10:30 Penny Auction 27 11:00 Women's Music Group 2:00 Hymn Sing-a-Long with Karen 3:00 Cafe Social	10:30 Bingo 28 2:00 Adam's Advanced Exercises 3:00 Café Social	10:30 Travelogue 29 11:00 Men's Music Group 2:00 Carnival 	10:00 Walking Group 30 2:00 Bingo 3:00 Café Social 3:30 Choir Group 6:30 Just for Fun Band	Happy Halloween 31 10:30 Halloween Campfire 2:00 Candy Tasting 3:00 Cafe Social 