


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00-10:30 Flu Shots 1 10:00 Resistance Bands 11:00 October Trivia 1:30 Book Club 3:00-4:30 Neck/ Back Massages 6:00 FHE 6:30 Movie Night	10:00 Chair Yoga 2 11:00 Name that Tune: TV and Movie Themes 1:30 BOM Class 2:30-4:00 Shopping at Spanish Fork Walmart 6:30 Movie Night <i>Simchat Torah</i>	10:00 Chair Tap 3 11:00 RS/Priesthood 1:30 Sing Fit 2:30-4:30 Humanitarian Backpacks for the Homeless Quilting Project 6:30 Movie Night	10:00 Stretching/Thriller 4 11:00 Quips, Quotes and Stories from Reader's Digest 1:30 Music with Linda 2:30-4:30 Manicures and Hand Massages 6:30 Movie Night	Happy Birthday Ruth 5 10:00 Resistance Bands/Thriller 11:00 Wacky Days 1:30 Card Games 2:30-4:00 Scenic Drive 4:00 Walking Club 6:30 Movie Night	10:00-12:00 LDS General Conference 6 1:00 Bingo 2:00-4:00 LDS General Conference 6:00 General Women's Session
10:00-12:00 LDS General Conference 7 1:00 Cross Word Puzzle 2:00-4:00 LDS General Conference 6:30 Movie Night	10:00 Chair Yoga/Thriller 8 11:00 Book Club 1:30 Musical Performance: Ambrian N. 2:30-4:30 Building Scarecrows/Quilting Project 6:00 FHE <i>Columbus Day (US) Thanksgiving Day (Canada)</i>	10:00 Resistance Bands/Thriller 9 11:00 Sing Fit 1:30 BOM Class 2:30-4:00 Shopping at Smiths 6:30 Movie Night	10:00 Chair Tap 10 11:00 RS/Priesthood 1:30 Penny Ante 2:30-4:30 National Pumpkin Month: Best Ever Pumpkin Bread 6:30 Movie Night	10:00 Thriller 11 10:30 Chair Zumba with Miracles 1:00-3:00 DUP 1:30-3:30 Building Scarecrow 3:30 Shuffleboard 6:00 Educational Seminar: Supplemental Insurance/ Families Invited	10:00 Resistance Bands/Thriller 12 11:00 Porter Rockwell Stories 1:30-4:30 Trip to Eureka/Red Barn: Visit Porter Rockwell's Cabin and Mining Museum. Bring \$ for Red Barn Treats. 6:30 Movie Night	10:00 Music and Movement 13 11:00 Team Jeopardy 2:00 Bingo 3:30 Mapleton City Scarecrow Festival 6:30 Movie Night
10:00 LDS Sacrament Service 14 2:00 Cross Word Puzzles 3:30 Choir Practice 6:30 Movie Night	10:00 Stretching/Thriller Practice 15 10:30 Musical Performance: Jim and Ellie (Sax and Piano) 1:00 Book Club 2:30 Trip to Maple Mt. Pharmacy Gift Shop / Ice Cream 3:30 Walking Club 6:00 FHE	10:00 Fitness 52/ Thriller Practice 16 11:00 Jail House Trivia 1:30 BOM Class 2:30-4:00 Shopping at Springville Walmart 6:30 Movie Night	10:00 Chair Tap 17 11:00 RS/Priesthood 1:30-4:00 Painting Class with Professional Artist Cari 4:00 Shuffle Board 6:30 Movie Night	National Chocolate Cupcake Day 18 10:00 Chair Yoga 11:00 Halloween Mad Libs 1:30 Music with Linda 2:30 Chocolate Cat Cupcakes 3:30 Shuffleboard 6:30 Movie Night	10:00 Resistance Bands 19 11:00 Sing Fit 1:30 Card Games 2:30-4:30 Manicure and Hand Massages 6:30 Movie Night	Happy Birthday Linda 20 10:00 Music and Movement 11:00 Wheel of Fortune 2:00 Bingo 3:30 Classic Television 6:30 Movie Night
10:00 LDS Sacrament Service 21 2:00 Word Searches 3:30 Choir Practice 6:30 Movie Night	10:00 Chair Yoga/Thriller 22 11:00 Keno 1:00 Book Club 2:30-4:30 Art Circle: Tissue Paper Prints on Canvas 4:00 Walking Club 6:00 FHE	10:00 Resistance Bands/Thriller 23 11:00 Joyful Living 1:30 BOM Class 2:30-4:00 Shopping at Smiths 6:30 Movie Night	10:00 Chair Tap 24 11:00 RS/Priesthood 1:30 October Birthday Party 2:30 Resident Counsel 3:30 Balloon Blast 6:30 Movie Night	10:00 Thriller 25 10:30 Chair Zumba with Miracles 1:30 Scenic Drive 2:30 Card Games 3:30 Musical Performance: The Accords 6:30 Musical Performance: Mapleton Chorale	9:00 Provo Temple Trip/Endowment Session (Wear Whites) 26 1:30-3:00 Halloween Baking: Mummy Bread 3:30 Abbington Trick or Treat Auction 6:30 Movie Night	10:00 Stretching/Thriller 27 11:00 Halloween Concentration 2:00 Bingo 3:30 Classic Television 6:30 Movie Night
10:00 LDS Sacrament Service 28 2:00 Sudoku Puzzles 3:30 Choir Practice 6:30 Movie Night	10:00 Chair Yoga/Thriller 29 11:00 Book Club 1:00 Prep for Party 2:15 Staff Meeting: Costume Contest 3:30-5:00 Great/Grandkid Halloween Party 6:00 FHE	10:00 Resistance Bands 30 11:00 Legends and Ghost stories of Utah 1:30 BOM Class 2:30-4:00 Shopping at Spanish Fork Walmart 6:30 Movie Night	Happy Halloween 31 10:00 Chair Tap 11:00 RS/Priesthood 12:00 Monster Mash Lunch 1:30 History of Halloween 2:30 Abbott and Costello Halloween Movie/Spooky Treats 6:30 Movie Night	 October 2018 ABBINGTON MAPLETON SENIOR LIVING		

ALL ACTIVITIES ARE SUBJECT TO CHANGE