Spalding Square~October Activities~ 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Restorative Exercise **Classes Daily** ***9:30am and following afternoon activities About 3:30or 4pm***	**<< All activities are subject to change. Please see Life Enrichment Team with any questions. >>**	**Halloween Party** ***Friday, October 30th*** 	**Fall Craft Fair** ***Wednesday, October 7th*** **In the 1st Floor Cafe! 11am-3pm**	1 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2:30pm** YOGA and Meditation w/ Debra Kehl (Woodside)	2 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2:30pm** BINGO (Woodside) Exercise to Follow (Woodside)	3 **10am** Morning Joe (Sunset) **11am** Bible Study (Woodside) **2:30pm** Happy Hour (Woodside) Exercise to Follow (Woodside)
4 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2:30pm** Art with Sarah (Woodside) Exercise to Follow (Woodside)	5 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2pm** Musical Movie Monday *"The Greatest Showman"* (Woodside) Exercise to Follow (Woodside)	6 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2pm** Mindfulness Meditation (Woodside) **2:30pm** BINGO (Woodside) Exercise to Follow (Woodside)	7 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2:30pm** Rosary (Woodside) **3:00pm** Snacks & Sacks (Woodside) Exercise to Follow (Woodside)	8 **10am** Morning Joe (Sunset) **11am** Mass(Chapel / CH 33-1) **2:30pm** Frazier Stories in Mind (Woodside) Exercise to Follow (Woodside)	9 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2:30pm**Anna Johnson Students Piano Performance (Chapel) Exercise to Follow (Woodside)	10 **10am** Morning Joe (Sunset) **2:30pm** Happy Hour (Woodside) Exercise to Follow (Woodside)
11 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2:30pm** Emily Fields Voice Studio (Chapel) Exercise to Follow (Woodside)	12 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2:30pm** Jeopardy (Woodside) Exercise to Follow (Woodside)	13 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2pm** Mindfulness Meditation (Woodside) **2:30pm** BINGO (Woodside) Exercise to Follow (Woodside)	14 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2:30pm** Rosary (Woodside) **3:00pm** Armchair Travels: Colorado (Woodside) Exercise to Follow (Woodside)	15 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2:30pm** YOGA and Meditation w/ Debra Kehl (Woodside)	16 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2:30pm** BINGO (Woodside) Exercise to Follow (Woodside)	17 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2:30pm** Curtis Williams (Chapel / CH 33-1) Exercise to Follow (Woodside)
18 **10am** Morning Joe (Sunset) **11am** Mass (Chapel /CH 33-1) **2:30pm** Book Club (Woodside) Exercise to Follow (Woodside)	19 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2pm** "Your Request" Movie Monday *"9 to 5"* (Woodside) Exercise to Follow (Woodside)	20 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2pm** Mindfulness Meditation (Woodside) **2:30pm** BINGO (Woodside) Exercise to Follow (Woodside)	21 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2:30pm** Rosary (Woodside) **3:00pm** Shut the Box & Word Games (Woodside) Exercise to Follow (Woodside)	22 **10am** Morning Joe (Sunset) **11am** Mass(Chapel / CH 33-1) **2:30pm** Frazier Stories in Mind (Woodside) Exercise to Follow (Woodside)	23 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2:30pm** Bob Busch Band (Chapel / CH 33-1) Exercise to Follow (Woodside)	24 **10am** Morning Joe (Sunset) **2:30pm** Happy Hour (Woodside) Exercise to Follow (Woodside)
25 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2:30pm** Sunrise Nail Spa (Sunrise) Exercise to Follow (Woodside)	26 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2:30pm** Bingo (Woodside) Exercise to Follow (Woodside)	27 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2pm** Mindfulness Meditation (Woodside) **2:30pm** Neighborhood Association Meeting (Woodside) Exercise to Follow (Woodside)	**Candy For Caring** 28 ***(Cafe) 10am-2pm*** **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2:30pm** Rosary (Woodside) **3:00pm** Armchair Travels: Connecticut (Woodside) Exercise to Follow (Woodside) **4:30pm** Themed Supper (Cheers)	29 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2:30pm** YOGA and Meditation w/ Debra Kehl (Woodside) **4-6pm** Trick-or-Treating (Woodside)	30 **10am** Morning Joe (Sunset) **11am** Mass (Chapel / CH 33-1) **2:30-4pm** Halloween Party (Assembly Room) Exercise to Follow (Woodside)	31 **10am** Coffee & Current Events (Sunset) **2pm** Spooky Happy Hour Featuring "*The Wizard of Oz*" (Woodside) Exercise to Follow (Woodside)