

# 2023 - October MC Weekly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<b>Morning</b> <b>Breakfast</b> <b>Coffee Time</b>	<b>Morning</b> <b>Breakfast</b> <b>Cardio Drumming</b> <b>Coffee Time</b>	<b>Morning</b> <b>Breakfast</b> <b>Sit and Be Fit</b> <b>Coffee Time</b>	<b>Morning</b> <b>Breakfast</b> <b>Ball Kick</b> <b>Coffee Time</b>	<b>Morning</b> <b>Breakfast</b> <b>Sit and Stretch</b> <b>Coffee Time</b> <b>Games</b>	<b>Morning</b> <b>Breakfast</b> <b>Friday Praise</b> <b>Walking</b>	<b>Morning</b> <b>Breakfast</b> <b>Outdoors</b> <b>Coffee Time</b>
<b>Afternoon</b> <b>Lunch</b> <b>Church Service; Pastor Appreciation!</b> <b>National Coffee Day; Coffee Cake</b>	<b>Afternoon</b> <b>Lunch</b> <b>Movie Series</b> <b>Cooking</b> <b>Barn Yard Discoveries</b>	<b>Afternoon</b> <b>Movie Series</b> <b>Craft</b> <b>Coloring</b> <b>Live; Al Warford</b> <b>Central College performs with singers</b>	<b>Afternoon</b> <b>Bingo</b> <b>Movie Series</b> <b>Nail Painting</b>	<b>Afternoon</b> <b>Lunch</b> <b>Hymn Sing</b>	<b>Afternoon</b> <b>Lunch</b> <b>Coffee Time</b> <b>Science Experiment</b> <b>Gardening</b>	<b>Afternoon</b> <b>Lunch</b> <b>Games</b> <b>Movie Series</b>
<b>Evening</b> <b>Supper</b> <b>Movie Series</b>	<b>Evening</b> <b>Supper</b> <b>Reading</b> <b>Gardening</b>	<b>Evening</b> <b>Supper</b> <b>Gardening</b>	<b>Evening</b> <b>Supper</b> <b>Gardening</b>	<b>Evening</b> <b>Supper</b> <b>Movie Series</b> <b>Gardening</b>	<b>Evening</b> <b>Supper</b> <b>Movie Series</b>	<b>Evening</b> <b>Supper</b> <b>Gardening</b>