


















Lunch Plus 884-3166

**SILVERMONT**

Transportation 884-3203



# October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Game Day!! 	Presentation: Vaya Health "Depression"	Chair Yoga 	
5	6	7	8	9	10	11
	Exercise 	Bingo 	Presentation: Amerilife "Dance"	Presentation: Devoted "Medicare"	Word Search 	
12	13	14	15	16	17	18
	Crafts 	Bingo 	Exercise with Brenda 	Bryson Girls Sing a long 	Stride For Health	
19	20	21	22	23	24	25
	Exercise 	Bingo 	Puzzles 	Hang-Man 	Bingo 	
26	27	28	29	30		
	Crafts 	Bingo 	Music Bingo 	Dulcimers 