


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	109 North Keene Street Columbia, MO 65201 573-443-2007	Location Keys Activity Room AR Atrium AT Chapel CH Dining Area DN Game Room GR TV Room TV	🚩 Be Challenged 🗨️ Be Connected 👨‍👩‍👧 Be Family ⭐ Be Inspired 🦋 Be Social 🍷 Be Well	Breast Cancer Awareness Month ... Think Pink Don't forget your Mask #StaySafe National Coffee Day 9:30 🍷 Exercise w/ Weights [AR] 10:00 📄 Crossword Sheets 10:00 📄 Washers 2:00 🦋 Bingo [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 6:30 🟡 On the go Sudoku Puzzles [AR]	Don't forget your Mask #StaySafe World Smile Day 9:30 🍷 Chair Yoga for Seniors _ Stretching and Breathing [AR] 11:00 📄 Billiard Play [GR] 2:00 🦋 Friday Night Farkle Party [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🍷 Evening Walk	Don't forget your Mask #StaySafe 9:00 🍷 Flows Pharmacy Annual Flu Shot Clinic [AR] 2:00 🦋 Music w/ Bernard Ross [AT] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🦋 Cinema Night -Catch a Movie and Popcorn [TV]
Don't forget your Mask #StaySafe 9:30 🍷 Sittercise in room 11:00 🗨️ On the Go Trivia 3:30 🦋 The Artist In You- In room Art [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 6:45 ⭐ In Room Bible Study [CH]	Don't forget your Mask #StaySafe Happy Birthday Jo Ann Lawrence! Nail Bar World Teacher Day 9:30 🍷 Exercise Video [AR] 10:00 🗨️ OneDay Videos _ One on One in [AR] 11:00 🍷 Hallway Group Walking 12:00 🟡 New Resident Lunch and Learn [AR] 2:00 📄 Corn Hole Bean Bag Toss [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 6:30 📄 Puzzle Fun	Don't forget your Mask #StaySafe 9:30 🍷 Exercise w/ Maggie 10:00 📄 Washers [AR] 2:00 🍷 Bingo [AR] 3:30 🗨️ Brain Fitness Trivia on the Go [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT]	Don't forget your Mask #StaySafe 9:30 🍷 Cardio Drumming Exercise [AR] 10:00 🍷 Blood Pressure Checks [AR] 2:00 🦋 Cookie Cooking Corner [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 📄 On the Go Word Search Fun [AR]	Don't forget your Mask #StaySafe 9:30 🍷 Exercise w/ Bands [AR] 10:00 📄 Crossword Sheets 10:00 📄 Washers 2:00 🦋 Bingo [AR] 3:00 🦋 Food Committee Meeting [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 6:30 🟡 On the go Sudoku Puzzles [AR]	Don't forget your Mask #StaySafe 9:30 🍷 Chair Yoga for Seniors _ Stretching and Breathing [AR] 11:00 📄 Billiard Play [GR] 2:00 🦋 Friday Night Farkle Party [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🍷 Evening Walk	Don't forget your Mask #StaySafe 9:30 🍷 Sit and Dance [AR] 2:00 🗨️ Music w/ Banastre Tarleton [AT] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🦋 Cinema Night -Catch a Movie and Popcorn [TV]
Don't forget your Mask #StaySafe 9:30 🍷 Sittercise in room 11:00 🗨️ On the Go Trivia 3:30 🦋 The Artist In You- In room Art [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 6:45 ⭐ In Room Bible Study [CH]	Columbus Day Don't forget your Mask #StaySafe National Farmers Day 9:30 🍷 Exercise Video [AR] 11:00 🍷 Hallway Group Walking 2:00 📄 Horse Shoe Toss [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 6:30 📄 Puzzle Fun	Don't forget your Mask #StaySafe Happy Birthday Ebon Delima! 9:30 🍷 Exercise w/ Maggie 10:00 📄 Washers [AR] 2:00 🍷 Bingo [AR] 3:30 🗨️ Brain Fitness Trivia on the Go [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT]	Don't forget your Mask #StaySafe Happy Birthday Dora Jorgovan! 9:30 🍷 Cardio Drumming Exercise [AR] 10:00 🍷 Blood Pressure Checks [AR] 2:00 🟡 Sip and Paint [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 📄 On the Go Word Search Fun [AR]	Don't forget your Mask #StaySafe National I Love Lucy Day 9:30 🍷 Exercise w/ Weights [AR] 10:00 📄 Crossword Sheets 10:00 📄 Washers 2:00 🦋 Bingo [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 6:30 🦋 Karaoke Fun with John and Tara [AR]	Don't forget your Mask #StaySafe National Boss's Day 9:30 🍷 Chair Yoga for Seniors _ Stretching and Breathing [AR] 10:00 🍷 Ask a Nurse w/ Phoenix Home Health 11:00 📄 Billiard Play [GR] 2:00 🦋 Friday Night Farkle Party [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🍷 Evening Walk	Don't forget your Mask #StaySafe 9:30 🍷 Sit and Dance [AR] 2:00 🦋 Music w/ Sheila Murray around the piano 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🦋 Cinema Night -Catch a Movie and Popcorn [TV]
Don't forget your Mask #StaySafe 9:30 🍷 Sittercise in room 11:00 🗨️ On the Go Trivia 3:30 🦋 The Artist In You- In room Art [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 6:45 ⭐ In Room Bible Study [CH]	Don't forget your Mask #StaySafe Nail Bar 9:30 🍷 Exercise Video [AR] 10:00 🗨️ OneDay Videos _ One on One in [AR] 11:00 🍷 Hallway Group Walking 2:00 📄 Corn Hole Bean Bag Toss [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 6:30 📄 Puzzle Fun	Don't forget your Mask #StaySafe 9:30 🍷 Exercise w/ Maggie 10:00 📄 Washers [AR] 11:00 🍷 Hallway Group Walking 2:00 🍷 Bingo [AR] 3:30 🗨️ Brain Fitness Trivia on the Go [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT]	Don't forget your Mask #StaySafe 9:30 🍷 Cardio Drumming Exercise [AR] 10:00 🍷 Blood Pressure Checks [AR] 2:00 🦋 Resident Meeting [DN] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 📄 On the Go Word Search Fun [AR]	Don't forget your Mask #StaySafe 9:30 🍷 Exercise w/ Bands [AR] 10:00 📄 Crossword Sheets 10:00 📄 Washers 2:00 🦋 Bingo [AR] 3:00 🦋 Food Committee Meeting [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT]	Don't forget your Mask #StaySafe Happy Birthday Nancy Lou Smith! 9:30 🍷 Chair Yoga for Seniors _ Stretching and Breathing [AR] 11:00 📄 Billiard Play [GR] 2:00 🦋 Friday Night Farkle Party [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🍷 Evening Walk	Don't forget your Mask #StaySafe 9:30 🍷 Sit and Dance [AR] 2:00 🦋 Music w/ Curt Hardin [AT] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🦋 Cinema Night -Catch a Movie and Popcorn [TV]
Don't forget your Mask #StaySafe 9:30 🍷 Sittercise in room 11:00 🗨️ On the Go Trivia 2:00 🟡 Sunday Sing-A -Long w/ Mr. Carl Glover and David Kissinger [AT] 3:30 🦋 The Artist In You- In room Art [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 6:45 ⭐ In Room Bible Study [CH]	Don't forget your Mask #StaySafe National Pumpkin Day 9:30 🍷 Exercise Video [AR] 11:00 🍷 Hallway Group Walking 2:00 📄 Horse Shoe Toss [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 6:30 📄 Puzzle Fun	Don't forget your Mask #StaySafe National Black Cat Day 9:30 🍷 Exercise w/ Maggie 10:00 📄 Washers [AR] 11:00 🍷 Hallway Group Walking 2:00 🍷 Bingo [AR] 3:30 🗨️ Brain Fitness Trivia on the Go [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT]	Don't forget your Mask #StaySafe 9:30 🍷 Cardio Drumming Exercise [AR] 10:00 🍷 Blood Pressure Checks [AR] 2:00 🦋 Halloween Wine and Cheese Social w/ Phoenix [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 📄 On the Go Word Search Fun [AR]	Don't forget your Mask #StaySafe 9:30 🍷 Exercise w/ Weights [AR] 10:00 📄 Crossword Sheets 10:00 📄 Washers 2:00 🦋 Bingo [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT]	Don't forget your Mask #StaySafe 9:30 🍷 Chair Yoga for Seniors _ Stretching and Breathing [AR] 11:00 📄 Billiard Play [GR] 2:00 🦋 Friday Night Farkle Party [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🍷 Evening Walk	Don't forget your Mask #StaySafe Halloween 9:30 🍷 Sit and Dance [AR] 1:45 🦋 Monster Mash w/ Danny Roberts [AT] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🦋 Cinema Night -Catch a Movie and Popcorn [TV]