

October 2021						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				<b>1</b> Puzzle Day!	<b>2</b> October is National Pizza Month! Share a pizza with someone!	<b>3</b>
<b>4</b> Be sure to read your Fraud Facts and Nutrition Education Information.  World Smile Day!	<b>5</b> Bingo 1:00	<b>6</b> Bingo 10:30 Hostessed by Sandstone	<b>7</b> Walk around your house or yard for 10-15 minutes! Get your heart pumping!	<b>8</b> Bingo 1:00	<b>9</b>	<b>10</b> National Handbag Day!
<b>11</b> Exercise march in place for 15 minutes today!	<b>12</b> Bingo 1:00	<b>13</b> Bingo Hostessed by Community Care Center 10:30	<b>14</b> Sit in a chair in kick Each leg out 15 times Right leg then left leg! Repeat again! Out-in Out-in!	<b>15</b> Bingo 1:00	<b>16</b> Call a old friend!	<b>17</b>
<b>18</b> Chocolate Cupcake Day!	<b>19</b> Bingo 1:00  Say Something Nice to someone day!	<b>20</b> Craft Day! 1:00	<b>21</b> Game Day with Zelda & Tara from Rolla Health & Rehab 11:15	<b>22</b> Bingo 1:00	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> Bingo 1:00  Make a difference day!	<b>27</b> Halloween Party!! Special Menu Day!  Mother n law day!	<b>28</b> Today sit in your chair and for a few minutes extend your leg and flex your ankles making a circle first go to the right and then counter clock wise, 15 each.	<b>29</b> Bingo 1:00  Birthday Party! Cake Provided by Community Care Center 11:00	<b>30</b>	<b>31</b>