

YOUR
LEADERSHIP
TEAM



Sira Nsibirwa
Campus Executive
Director



Bruce Beckman
Sales & Marketing
Director



Jamison Toepel, LPN
Resident Services
Director



Chris Johnson
Business
Development Director



Kadja Diallo, BSN, RN
Clinical Director



Alisia Lovely
Life Enrichment
Director-AL



Anesha Coleman
Life Enrichment
Director-The Harbor



Gonzalo Saldana
Dining Services
Director



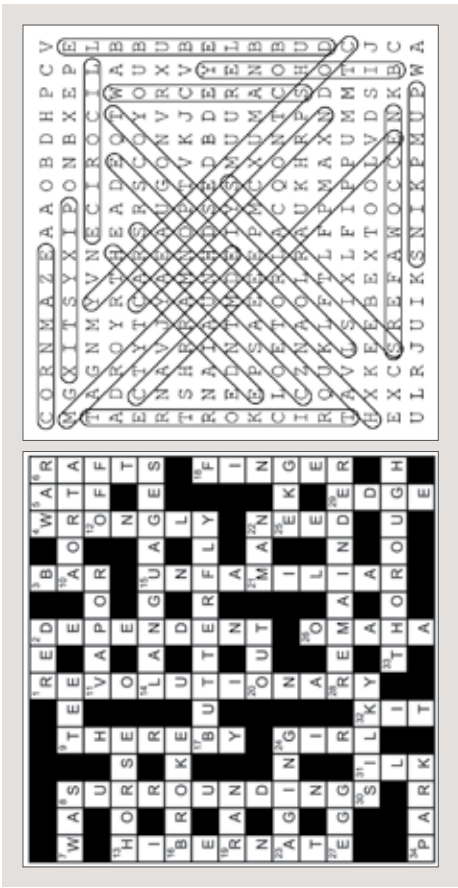
Mike Vik
Maintenance
Director



Dina Aybazova
Business Office
Manager



Jim Hergenroether
Chaplain



A MESSAGE FROM YOUR EXECUTIVE DIRECTOR: OCTOBER 2026

October arrives with its own quiet invitation to slow down and notice what matters. The air turns crisp, leaves begin their colorful descent, and familiar sweaters find their way back into our daily routines. It's a season of change—but also one of remembrance, gratitude and renewed appreciation for the people around us.

At the heart of our work is a simple but meaningful mission: "To serve the Greatest Generation with honor, respect, faith and integrity." Living out that mission means seeing more than a room number, a care plan, or a daily schedule. We see the mother who once kissed scraped knees, the carpenter whose hands built homes, the teacher who encouraged generations of children, and the friend who never failed to show up when someone needed them. We take the time to know each person—their story, preferences, faith, humor, wisdom and the experiences that shaped them into who they are today. Each life holds hard-earned perspective, deeply held values, wisdom gathered through a lifetime of experience, and memories worthy of being known, shared, and honored.

There is something powerful about being known. We seem to recognize familiar voices somewhere deep within us, connecting the sound almost instantly with memories, emotions, and a sense of identity. That may help explain why hearing someone say our name with warmth—or recognizing the voice of a person we trust—can make us feel more at ease. A familiar voice can bring comfort before the words themselves have even registered. Long before a conversation unfolds, something within us is already

saying, "I know this person, and this person knows me." It's a small reminder that familiarity is more than recognition; it is one of the ways we experience connection, reassurance and belonging.

That sense of familiarity is built through small moments, repeated with genuine care: remembering how someone takes their coffee, knowing which song makes them smile, asking about the work they once loved, or taking time to hear a favorite story again—even when we've been fortunate enough to hear it before. It grows through shared laughter, a gentle greeting in the hallway, and noticing when someone seems a little quieter than usual. These details may appear ordinary, but together they create something meaningful. They tell a person: You are seen. You are known. You matter here. And perhaps just as importantly, they remind all of us that the time we spend getting to know one another is never wasted.

Thank you for allowing us to continue serving you and those you love. We're grateful for the trust you place in our communities and for the many ways you help make them feel like home. Please drop in and join us whenever you can for anything scheduled during October. Your presence is always welcome, and it means more than you may know.

Wishing you a peaceful October filled with gratitude, connection and the quiet beauty of the season.

Sincerely,

Sira Nsibirwa
Executive Director



MEET MARY DWYER
Mary "Hit the Ball Well" and Found Her Rhythm on the Fairway

Mary Dwyer has lived a life that has taken her across the world, onto some of golf's biggest stages and into the lives of countless people she has encouraged along the way. Her story is filled with music, travel, determination and laughter, all held together by the warmth and vitality that make her such wonderful company today.

Born in San Francisco, California, Mary was an only child raised in a military family. Her father's career meant that home changed often and much of her childhood was spent overseas. She lived in both Japan and Germany before returning to the United States around the age of ten. Once back in the States, her family lived in Massachusetts and Texas before eventually settling in New York.

All that moving might have felt unusual to another child, but for Mary, adapting to new places became part of everyday life. Years later, that experience would prepare her well for the constant travel of professional golf.

Mary's journey with the sport began when she was about five years old. Her father noticed that she had a natural talent for golf and encouraged her to develop it. Before long, the game became an important part of her life.

She attended DeSales High School in Geneva, New York, where she excelled both academically and athletically. After graduation, Mary enrolled at the University of Miami. There, she earned a degree in music while competing on the university golf team. She was an outstanding student, earning a place on the Dean's List for three consecutive years. The golf team also enjoyed

considerable success during her time at Miami, capturing several titles.

Mary's gifts were never limited to the golf course. She is an accomplished pianist as well as a music writer and arranger. At the University of Miami, she found a way to bring together her love of music, dedication to academics and talent for athletics.

After graduation, Mary's father encouraged her to take a chance on professional golf. She hesitated at first. She knew it would be a demanding career and wasn't sure it was the life she wanted. Eventually, she decided to give it a try. That decision launched a remarkable 21-year career as a professional golfer.

Life on tour meant constant travel, countless hotel stays and tournaments throughout the country and around the world. During some tournament weeks, local club members opened their homes to the players and hosted them. It was a lifestyle that many people would have found exhausting, but Mary felt surprisingly comfortable with it. Growing up in a military family had taught her how to adjust to new places and frequent moves, so life on the road felt familiar.

The greatest challenge of professional golf was not simply physical. For Mary, it was mental. Each morning, she had to convince herself that she belonged on the course and that she was every bit as good as the other players competing. Performing in front of large crowds could send her thoughts racing, and learning to manage that pressure became a vital part of the game.

Those difficult moments also revealed strengths Mary had not known she possessed. When she looks back on her professional career, she recognizes that golf taught her just how strong she was emo-

tionally and mentally. She had once wondered whether she could withstand the intense pressure of competing at the highest level. Over the years, she proved to herself that she could.

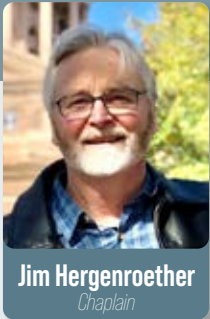
Mary played in multiple U.S. Opens and recorded several strong finishes during her career. Among her many accomplishments was receiving the prestigious Golden Putter Award, along with numerous other honors earned throughout her years in professional golf.

Whenever tournament nerves began to take over, Mary's mother offered a wonderfully simple piece of advice: "Hit the ball well." Mary still laughs when she remembers those words. Her mother, she says, was thankful she wasn't the one who had to go out and play.

Professional golf also introduced Mary to an extraordinary range of people. She had opportunities to play with celebrities, professional athletes and entertainers, including members of the cast of Green Acres, actor Hopalong Cassidy and actor Billy Barty.

One of Mary's favorite stories took place while she was golfing with Billy Barty in Japan. After hitting a shot much better than he had expected, he became so excited that he took off running and ended up rolling down a hill. The memory still makes Mary laugh today, one of many wonderful stories gathered during her years on the course.

As her professional playing career began to wind down, Mary moved to Palm Springs, California, where she taught golf and shared her knowledge of the sport with others. She later returned to New York to help care for her mother during an illness. Following her mother's passing, Mary accepted an opportunity



WELLNESS = GODLINESS

When you get to a certain age in life, there is an increased emphasis on wellness. What I used to take for granted now needs to be checked every year: my physical well-being.

When I was younger and active in sports, I went to the doctor for a yearly physical. I was thoroughly checked to make sure I was physically fit to compete. Heart—check. Lungs—check. Reflexes—check. Turn your head and cough—check. Good to go for another year!

I can't remember the last time I had that type of physical exam, but it's been a while. Over time, the doctor visits have become less about my physical fitness and more about wellness and accident prevention. Now, rather than hitting my knee with a rubber hammer, the doctor has me draw 6:45 on a blank clock and remember three words.

The focus has shifted from my sprint times to knowing how to draw a time on a clock, and from performing the triple jump to removing tripping hazards such as throw rugs and extension cords. My, how times have changed! It is kind of humbling to adapt to these changes—especially when you struggled to recall that third word.

Realizing I am well past my peak, I am constantly reminded that good health and strength are temporary. For those who are in great physical shape, remember not to take it for granted, and be sure to enjoy it while you've got it. But for the rest of us, the Apostle Paul has

these words to consider: "Train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come." 1 Tim. 4:7-8 NIV

Paul was writing to Timothy, a young church leader in the prime of his life. Paul wanted Timothy to understand that godliness is something that requires training. Like getting into shape, it doesn't just happen. You have to work at it, and Paul wanted Timothy to focus on godliness for himself and the church.

While physical training has some value, godliness has value in all things because physical health is fleeting and temporary, while godliness is eternal. The benefits are available in this present life and, as Paul said, "in the life to come."

Paul is not suggesting that we follow a set of religious rules to attain godliness. Rather, godliness comes through a relationship with the Savior. It is attained through faith in Jesus Christ and the work of the Holy Spirit within us. God does the work in us, and by faith, we receive the benefits.

While physical training might improve our strength, speed, and muscle mass, consider the godly attributes known as the "fruit of the Spirit." Scripture tells us, "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control" (Gal. 5:22-23).

Imagine the Great Physician saying during your wellness exam: Love—check. Joy—check. Peace—check.

A LITTLE
SUNFLOWER
SUNSHINE



REMEMBERING FRIENDS
WHO SHARED OUR DAYS

John Karl



AND TOUCHED OUR
LIVES ALONG THE WAY.

HIGHLIGHTS AND Happenings

COMBINED AL & HARBOR EVENTS

- 12th Drumming with Dan
- 20th Harmonica Guitar Duo
- 22nd Marketing Speaker
- 24th Luke Hrovat on Piano
- 26th 10 Strings Performance

TRAVEL CLUB DESTINATIONS

- 6th New Orleans, LA
- 13th Inca Lost Cities, Peru
- 20th Transylvania, Romania
- 27th Salem, MA

EXUBERANT EXERCISE (Chapel)

- 1st Exercise with Debbie
- 2nd Thai Chi with Sarah
- 7th Exercise with JJ
- 8th Patti's exercise class
- 12th Fox Therapy Exercise
- 15th Exercise with Debbie
- 16th Thai Chi with Sarah
- 22nd Patti's exercise class
- 26th Fox Therapy Exercise

MYSTERY MONDAYS

- 5th The Cursed Hope Diamond
- 12th Columbus: Hero, Villain or Something Else?
- 19th The Ghost Ship SS Valencia
- 26th The Legend of Sleepy Hollow: Was the Headless Horseman real?

TUESDAY SHOPPING TRIPS

- Sign up at the front desk
- 6th Walmart
 - 13th TJ Maxx
 - 20th Target
 - 27th Barnes & Noble

ALZHEIMER'S SUPPORT SERVICES

LEGACYSL.NET/ALZHEIMERS-SUPPORT

VETERANS COFFEE HOUR WITH BRIGHTON HOSPICE-MADISON

Brighton Hospice-Madison invited our resident veterans to explore an aircraft carrier and other meaningful destinations through Mynd Immersive VR headsets.



BRIGHT BLOOMS BECOME BEAUTIFUL BOUQUETS

LILAH GLASSBRENNER
OCTOBER WINNER

GOING THE EXTRA MILE

This month, we are proud to recognize Lilah Glassbrenner, one of our wonderful caregivers, as our Going the Extra Mile winner!

Lilah consistently goes above and beyond to provide compassionate, thoughtful care to those she supports. Her kindness can be felt in everything she does, and she is always willing to step up when help is needed. Through her dedication and genuine heart for others, Lilah makes a positive difference in the lives of our residents and sets a meaningful example for those around her.

Lilah truly embodies what it means to go the extra mile. Her compassion, dependability, and commitment make her a valued member of our team and an important part of our community.

Congratulations, Lilah, and thank you for the care and kindness you bring each day. We are so grateful to have you on our team!

To recognize someone who's going the extra mile, submit a nomination form next to the mailboxes.

"If anyone forces you to go one mile, go with them two miles." Matt. 5:41

in Chicago that opened one of the most meaningful chapters of her life.

For about ten years, Mary ran a Special Olympics golf program in Chicago. Working with adults with special needs brought her tremendous joy. She especially loved seeing the pride and excitement on participants' faces when they succeeded. Under her leadership, athletes earned several gold medals. For Mary, though, the medals were never the greatest reward. The relationships, smiles and shared moments of accomplishment meant far more.

Eventually, Mary moved to the Madison area to be closer to family. Today, she calls Renaissance home and enjoys being part of the community. She is especially grateful for the wonderful people she has met here. While she wishes she could explore more of Madison on her own terms, she appreciates being close to family and surrounded by friends.

Those who spend time with Mary quickly discover that she is wonderful company. She brings vitality, laughter and an incredible collec-

tion of stories to every conversation. She can share memories from her 21 years on the professional golf tour, talk about living and traveling around the world, discuss her love of music or reflect on the fascinating people she has met along the way.

Mary also has a true gift for storytelling. A conversation with her can easily end with everyone doubled over in laughter. We have thoroughly enjoyed getting to know her and hearing about the experiences that have shaped her life.

From a childhood spent in Japan, Germany and several American states to her years studying music at the University of Miami and her remarkable career in professional golf, Mary has met each new chapter with courage and curiosity. She has expressed her creativity through the piano, writing and arranging music, competed on some of golf's biggest stages and helped Special Olympics athletes experience the pride of achieving their dreams. Her life has been full of adventure, challenge, service and joy, and we are fortunate to have her as part of the Renaissance family.

Celebrations & Milestones

Welcome to our newest residents!

- Gary Schultz

Let's celebrate everyone marking a special moment this month!

RESIDENT BIRTHDAYS

- Oct. 5: Frank Swanson
- Oct. 13: Myrna Deaton
- Oct. 22: Zorko Greblo
- Oct. 27: Ida Gates
- Oct. 29: Jeanne Peterson
- Oct. 30: Will Klinge

TEAM MEMBER BIRTHDAYS

- Oct. 1: Giannira puig Sosa
- Oct. 7: Sarah Tunnicliff
- Oct. 13: Kalia King
- Oct. 13: LaTanya Young
- Oct. 14: Bruce Beckman
- Oct. 15: Netta Thomas
- Oct. 16: Yashi Bhatt
- Oct. 19: Shaniqua Davis
- Oct. 19: Jubena Dennis

RESIDENT ANNIVERSARIES

- Lois Statz—3 yrs
- Judy Nepokroeff—2 yrs
- Julie Sandor—2 yrs
- Marcia Brenner—1 yr
- Anne Clinton—1 yr
- Kathleen Kane—1 yr
- Marlene Krause—1 yr
- Steve Sponem—1 yr

Scenes from September

SOUND BOWLS & SERENITY MEDITATION



NASHVILLE SINGER & SONGWRITER RYAN BIZARRI

There's never a shortage of things to see, do & enjoy at Renaissance!

YOU BE THE JUDGE VERDICT CLUB



RANDY HANZEL & FLORENCE BRING THE FUN!



WORLD MENTAL HEALTH DAY:
A Serious Topic with Room for a Smile

Every year on October 10, World Mental Health Day reminds us to check in on our minds—the part of us that somehow remembers every embarrassing thing we did in seventh grade but forgets why we walked into the kitchen.

The day is about raising awareness, reducing stigma and encouraging people to seek support when they need it. Mental health is not a luxury item, like fancy coffee or socks that actually match. It is part of overall health, and everyone has it—whether it is thriving, struggling or currently running on caffeine and hope.

Comedy can help open the door to honest conversations. A gentle laugh can make difficult topics feel less intimidating, as long as it never makes fun of people who are struggling. Think of humor as a friendly sidekick: helpful, comforting and occasionally wearing a cape made from a blanket on a bad day.

This World Mental Health Day, take a moment to pause, breathe and ask someone how they are really doing. And if that someone is you, be kind. Your brain works hard enough already—it deserves support, rest and maybe fewer tabs open, both online and emotionally.

CELEBRATING GRANDPARENTS DAY TOGETHER



IF YOU LOVE WHAT WE DO,
PLEASE LEAVE A REVIEW!

Your review can guide others
looking for care and community.

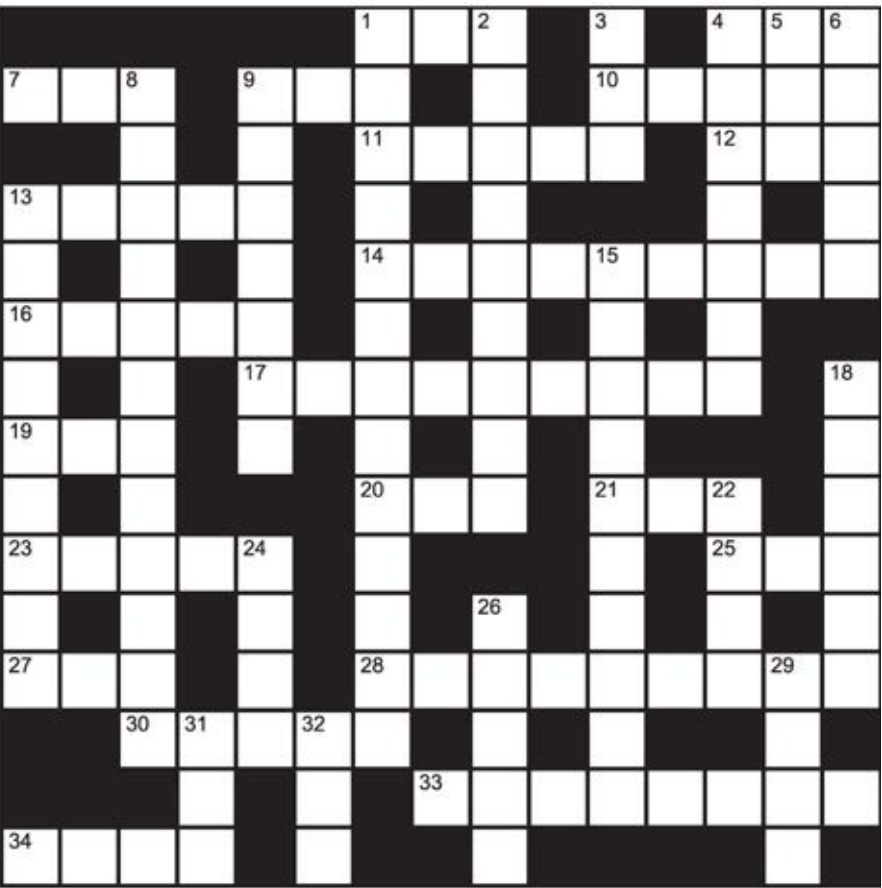


ACROSS

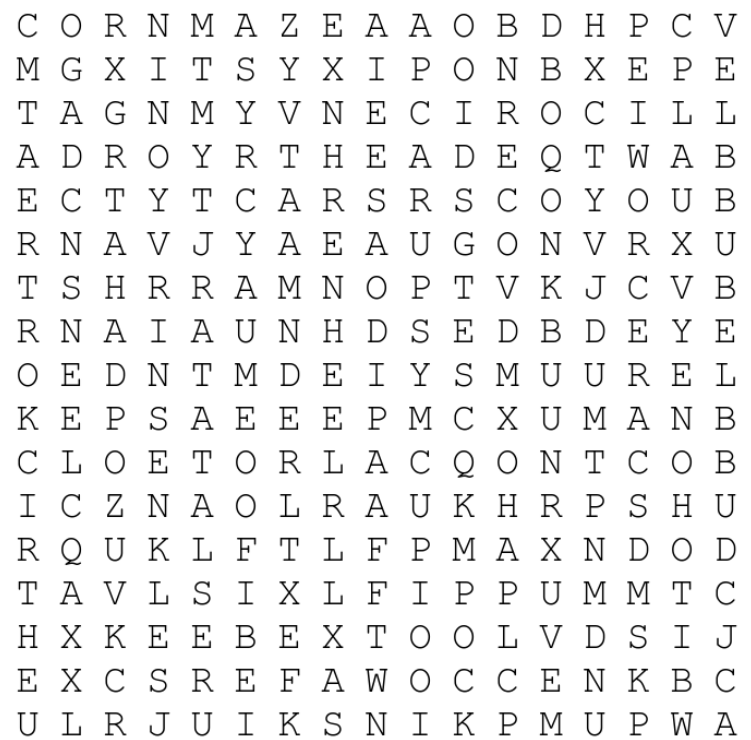
- 1. Royal carpet color
- 4. Huge conflict
- 7. "Jeremiah _____ a bullfrog..."
- 9. Driving range accessory
- 10. Major artery in the body
- 11. Fog or mist, for example
- 12. Light switch setting
- 13. Mr. Ed, for one
- 14. French, English, and Spanish are some
- 16. Without any money to spend
- 17. Mothlike insect
- 19. Sprinted, for example
- 20. "Strike three; you're _____!"
- 21. Male
- 23. Getting older
- 25. Cardiologist's test, abbrev.
- 27. Grade A item
- 28. What's left
- 30. Like corn tassels
- 33. In-depth
- 34. Place for picnicking

DOWN

- 1. American ____ War; "shot heard round the world"
- 2. Unable to do without
- 3. Tavern
- 4. Not in the right way
- 5. Automotive Transmission Fluid, abbrev.
- 6. Castaways' transports
- 8. Environment
- 9. Shakespeare: "And ____ hangs a tale"



- 13. Sleep through winter
- 15. Not known; strange
- 18. Can be used for pointing
- 22. A friend in _____
- 24. Lass
- 26. Mutual of ____'s Wild Kingdom
- 29. Sharp part of a sword
- 31. Kind, type
- 32. "Break me off a piece of that ____ Kat Bar!"



AN OLD-FASHIONED
Halloween

The words listed can
be found vertically,
horizontally, diagonally,
forward, and backward.

- BIT O HONEY
- CANDY CORN
- CARAMEL APPLE
- CORN MAZE
- COSTUME PARTY
- COSTUMES
- DUBBLE BUBBLE
- HAUNTED HOUSE
- HAYRIDE
- LICORICE
- MARY JANE
- NECCO WAFERS
- PIXY STIX
- PUMPKINS
- SCARECROW
- SMARTIES
- TOOTSIE ROLL
- TRICK OR TREAT



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
9:30am-Daily Chronicle 4 10:30am-Coffee & Chat (Dh) 1:15pm-Nails (Dh) 3:00pm-BINGO! (Dh) 6:30pm-Movie:) Where The Red Fern Grows 1974	9:00am-Daily Chronicle 5 9:30am-Chair Exercise (Ch) 10:30am-Nails (Dh) 1:30pm--Monday Mysteries: The Cursed Hope Diamond (Ch) 3:00pm-Card Club (Dh)	9:00am-Daily Chronicle 6 9:30am-Chair Exercise (Ch) 10:15am-Travel Club: <u>New Orleans, Louisiana</u> (Ch) 1:00pm-Shopping Trip: Walmart 3:15pm-BINGO! (Dh)	9:00am-Daily Chronicle 7 10:00am-Exercise w/ JJ (Ch) 10:00am- Epelgarden Apple Orchard Outing (L) 1:45pm-Happy Headlines (Li) 3:00pm-One on Ones	9:00am-Daily Chronicle 8 10:00am-Church Service (Ch) 10:45am-Patti's Exercise (Ch) 3:00pm-Flower Arranging (Dh) 6:30pm-Movie: Straight Talk 1992 (10 th)	9:00am-Daily Chronicle 9 9:30am-Chair Exercise (Ch) 10:30am-Book Club (Li) 1:30pm-Bible Study (Ch) 3:00pm-Happy Hour: Apple Pickin' Party (10 th)	9:30am-Daily Chronicle 10 10:30am-Card Club (Ch) 1:30pm-Sound Bowls & Serenity (Ch) 3:00pm-Resident-Led Sing Along (Ch) 6:30pm-Movie: The Legend of Tarzan 2016 (10 th) Simchat Torah Begins
9:30am-Daily Chronicle 11 10:30am-Coffee & Chat (Dh) 1:15pm-Nails (Dh) 3:00pm-BINGO! (Dh) 6:30pm-Movie: The Parent Trap 1961 (10 th)	9:00am-Daily Chronicle 12 9:30am-Chair Exercise (Ch) 10:30am-Monday Mysteries: Columbus: Hero, Villain, or something else? (Ch) 1:30pm- Drum Circle w/ Dan (Ch) 3:00pm-Card Club (Dh) 3:30pm-Totem Pole Craft (10 th) Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	9:00am-Daily Chronicle 13 9:30-Fox Therapy Exercise (Ch) 10:15am-Travel Club: <u>Inca Lost Cities, Peru</u> (Ch) 1:00pm-Shopping Trip: TJ Maxx 3:15pm-BINGO! (Dh)	9:00am-Daily Chronicle 14 9:30am-Chair Zumba (Ch) 10:45am-Curious Minds: The World's Longest Lived People: Secrets from the Blue Zones (Li) 1:30pm- Diamond Painting Pumpkin Coasters (10 th) 3:00pm-One-on-Ones	9:00am-Daily Chronicle 15 9:30am-Nails (Dh) 10:45am-Exercise w/ Debbie (Ch) 1:30pm-Fox Therapy Talks: Aging Strong: Protecting Bone Health (Ch) 6:30pm-Movie: Holmes & Watson 2018 (10 th)	9:00am-Daily Chronicle 16 9:30am-Tai Chi w/ Sarah (Ch) 10:30am-You Be The Judge: The Trial of Robin Hood (Li) 1:30pm-Spintopia (Dh) 3:00pm-Happy Hour: Pumpkin Palooza (10 th)	9:30am-Daily Chronicle 17 10:30am-Card Club (Ch) 1:30pm-Sound Bowl and Serenity (Ch) 3:00pm-Resident-Led Sing Along (Ch) 6:30pm-Movie: Book Club 2018 (10 th)
9:30am-Daily Chronicle 18 10:30am-Coffee & Chat (Dh) 1:15pm-Nails (Dh) 3:00pm-BINGO! (Dh) 6:30pm-Movie: Book Club: The Next Chapter 2023 (10 th)	9:00am-Daily Chronicle 19 9:30am-Chair Exercise (Ch) 10:30am-Monday Mysteries: The Ghost Ship SS Valencia (Ch) 1:30pm-Halloween "Boo" Bag Customization (10 th) 3:00pm-Card Club (Dh)	9:00am-Daily Chronicle 20 9:30am-Chair Exercise (Ch) 10:15am-Travel Club: <u>Transylvania</u> (Ch) 1:00pm-Shopping Trip: Target 1:30pm-Guitar/Harmonica Duo (Dh) 3:15pm-BINGO! (Dh)	9:00am-Daily Chronicle 21 9:30am-Chair Zumba (Ch) 10:30am-Summer Matteson presents: WWII- Capture in the Austrian Alps (Ch) 1:45pm-Happy Headlines (Li) 3:00pm- One on Ones	9:00am-Daily Chronicle 22 10:45am-Exercise w/ Patti (Ch) 1:30pm-Nails (Dh) 4:30pm-Family Dinner (Dh) 4:30pm-Tom Brusky Band (Dh) 6:30pm-Movie: Practical Magic 1998 (10 th)	9:00am-Daily Chronicle 23 9:30am-Chair Exercise (Ch) 10:30am-Book Club (Li) 1:30pm-Flower Arranging (Dh) 3:00pm-Happy Hour: Bavarian Bites and Beverages (10 th)	9:30am-Daily Chronicle 24 10:30am-Card Club (Ch) 1:30pm-Piano with Luke (L) 3:00pm-Resident-Led Sing Along (Ch) 6:30pm-Movie: Crimes of the Heart 1986 (10 th)
9:30am-Daily Chronicle 25 10:30am-Coffee & Chat (Dh) 1:15pm-Nails (Dh) 3:00pm-BINGO! (Dh) 6:30pm-Movie: The Fabulous Four 2024 (10 th)	9:00am-Daily Chronicle 26 9:30am-Chair Exercise (Ch) 10:30am-Monday Mysteries: The Legend of Sleepy Hollow: Was the Headless Horseman Real? (Ch) 1:00pm-Card Club (Dh) 2:30pm- 10 strings Performance (Dh)	9:00am-Daily Chronicle 27 9:30-Fox Therapy Exercise (Ch) 10:15am-Travel Club: <u>Salem, Massachusetts</u> (Ch) 1:00pm-Shopping Trip: Barnes and Noble 3:15pm-BINGO! (Dh)	9:00am-Daily Chronicle 28 9:30am-Chair Zumba (Ch) 10:45am-Curious Minds: The Story of Oktoberfest (Li) 1:00pm-Halloween Suncatchers (10 th) 2:30pm-Resident Council Meeting (Ch)	9:00am-Daily Chronicle 29 10:00am-Church Service (Ch) 10:45am- Chair Exercise (Ch) 1:30pm- One-on-Ones 4:30pm-Trick or Treat Event (L/Dh) 6:30pm-Movie: The Witches 2020 (10 th)	9:00am-Daily Chronicle 30 9:30m-Chair Exercise (Ch) 10:30am-You Be The Judge: The Trial of Lizzie Borden (Li) 1:30pm-Bible Study? (Ch) 3:00pm-Happy Hour: Spooktacular Social (10 th)	9:30am-Daily Chronicle 31 10:30am-Card Club (Ch) 1:30pm-Paint Your Own Squishy Pumpkin (10 th) 3:00pm-Resident-Led Sing Along (Ch) 6:30pm-Movie: Sudden Fear 1952 (10 th) Halloween

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2026

The Harbor

October 2026 The Harbor							9:30am Daily Chronicles 10:00am Church Service 10:45am Exercise with Debbie 1:00pm Scouting out October Trivia 2:00pm Puzzle Club 3:00pm Snack and Hydration 4:00pm Group Meditations	1	9:30am Daily Chronicles 10:00am Morning Movement 10:30am UNO! 1:30pm Bible Study 2:30pm Snack and Hydration 3:00pm Silver Screen Matinee 4:00pm Good evening	2	9:30am Coffee Corner 10:00am Daily Chronicles 10:30am Noodle Exercise 1:00pm Brain Games: October Pass it On 2:30pm Snack and Hydration 3:00pm Resident sing along in the Chapel 4:00pm One-on-Ones Simchat Torah Begins	3	
9:30am Sunday Devotional 10:00am Daily Chronicles 10:45am Bingo! 1:00pm Autumn Flower Bouquet Craft 2:00pm Snack and Hydration 3:00pm October Coloring pages 4:00pm Chair Yoga	4	9:30am Daily Chronicles 10:00am Morning Movement 10:45am Lifelong Learning: The Story of Scouting 1:00pm Balloon Volleyball 2:00pm Snack and Hydration 3:00pm Animal Feature: Loveable Lemurs 4:00pm One-on-Ones	5	9:30am Daily Chronicles 10:15am Travel Club: New Orleans, LA 1:00pm Ring Toss 2:00pm Snack and Hydration 3:00pm UNO! 4:30pm Chair Yoga	6	9:30am Conversation Cards 10:00am Daily Chronicles 10:30am Seated Stretches 1:00pm Sweet Touch Guess the Candy Game 2:30pm Snack and Hydration 3:30pm Paper Pumkin Craft 4:30pm One-on-ones	7	9:30am Daily Chronicles 10:00am Church Service 10:45am Fitness Fun with Patti 1:00pm Who am I? Paul Simon 2:00pm Snack and Hydration 3:00pm Watercoloring Pages 4:00pm Simple C	8	9:30am Daily Chronicles 10:00am Morning Movement 10:30am UNO! 1:30pm Bible Study 2:30pm Snack and Hydration 3:00pm Old Hollywood Hour 4:00pm Good Evening	9	9:30am Coffee Corner 10:00am Daily Chronicles 10:30am Seated Stretches 1:00pm Music and Memories 1:30pm Sound Bowls Gentle Meditation 2:30pm Snack and Hydration 3:00pm Resident sing along in the Chapel 4:00pm Simple C	10
9:30am Sunday Devotional 10:00am Daily Chronicles 10:30am Seated Stretches 1:00pm BLURT word game 2:00pm Snack and Hydration 3:00pm UNO! 4:00pm Radio Classics- Jack Benny	11	9:30am Daily Chronicle 10:00am Morning Movement 10:45am I should have known that! 1:30pm Drumming With Dan 2:30pm Snack and Hydration 3:30pm Pass it on word game Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	12	9:30am Daily Chronicles 10:15am Travel Club: Inca Lost Cities, Peru 1:30pm Balloon Volleyball 2:30pm Snack and Hydration 3:30pm Nail care and Painting 4:30pm Chair Yoga	13	9:30am Daily Chronicles 10:00am Seated Stretches 10:45am Word Workouts- Synonyms 1:30pm Bingo! 2:30pm Snack and Hydration 3:30pm Fox cards for life! 4:30pm Simple C	14	9:30am Daily Chronicles 10:00am Daily Devotional 10:45am Exercise with Debby 1:00pm 1950s Television Trivia 2:00pm Snack and Hydration 3:00pm One on One's 4:00pm Simple C	15	9:30am Daily Devotionals 10:00am Morning Movement 10:45am Connect four! 1:30pm Crumbl & Chronicles 2:30pm Snack and Hydration 3:00pm Classic Film Fest 4:00pm Good Evening!	16	9:30am Daily Chronicles 10:00am Morning Movement 10:45am Beach Ball Keep Up 1:30pm Sound Bowls Gentle Meditation 2:30pm Snack and Hydration 3:00pm Resident Sing along in the chapel 4:00pm Good Evening Slide Show!	17
9:30am Sunday Devotional 10:00am Daily Chronicles 10:30am Morning Movement 1:00pm Alphabet Chain 2:00pm Snack and Hydration 3:00pm Chair yoga 4:00pm Ninja Star Throw 4:30pm Simple C	18	9:30am Daily Chronicles 10:00am Sunshine Stretches 10:45am Bird Trivia 1:00pm Scarecrow wooden spoon craft 2:00pm Snack and Hydration 3:00pm Halloween Jokes 4:00pm Finish that love song	19	9:30am Daily Chronicles 10:15am Travel Club: Transylvania, Romania 1:30pm Harmonica Duo 2:30pm Snack and Hydration 3:30pm Nail care and Painting 4:30pm Seated Stretches	20	9:30am Daily Chronicles 10:00am Chair Yoga 10:45am word workout: opposites 1:00pm Tabletop Cup Pong 2:00pm Snack and Hydration 3:00pm Bingo! 4:00pm Simple C	21	9:30am Daily Chronicles 10:00am Daily Devotionals 10:45am Fitness Fun with Patti 1:00pm Pumpkin Wreath leaf Craft 2:00pm Snack and Hydration 3:00pm One on Ones 4:00pm Hand Massages	22	9:30am Daily Chronicles 10:00am Seated Stretches 10:45am UNO! 1:30pm Daily Devotional 2:00pm Snack and Travelogue- Czech Republic 3:00pm Screen Classics- The Lucy Show! 4:00pm One on Ones	23	9:30am Coffee Chats 10:00am Daily Chronicles 10:45am Balloon Volleyball 1:30pm Luke Hrovadt Piano Performance 2:30pm Snack and Hydration 3:00pm Resident sing along in the chapel 4:30pm Simple C	24
9:30am Sunday Devotional 10:00am Daily Chronicles 10:30am Chair Yoga 1:00pm Needlework Slide show 2:00pm Snack and Hydration 3:00pm Ring Toss 4:00pm One on One's	25	9:30am Daily Chronicles 10:00am Morning Movement 10:45am Connect Four! 1:00pm Axe Throwing 2:30pm 10 strings Guitar Performance 3:30pm Snack and Hydration 4:00pm Simple C	26	9:30am Daily Chronicles 10:15am Travel Club: Salem, MA 1:00pm Uno! 2:30pm Snack and Hydration 4:00pm Nail Care and Painting 4:30pm Chair Yoga	27	9:30am Daily Chronicles 10:00am Morning Movement 10:30am Puzzle Club 1:00pm Tabletop Bowling 2:00pm Snack and Hydration 3:00pm Aroma Therapy Guessing Game 4:00pm Simple C	28	9:30am Daily Chronicles 10:00am Church Service 10:45am Exercise with Debby 1:00pm 1940's Music Trivia 2:00pm Snack and Hydration 3:00pm Paint your own squishy Pumpkin 4:00pm One on One's	29	9:30am Daily Chronicles 10:00am Morning Movement 10:45am Halloween Rhyme Time! 1:30pm Bible Study 3:00pm Radio Classics – The Green Hornet 4:00pm Good Evening	30	9:30am Daily Chronicles 10:00am Pool Noodle Exercises 10:30am Halloween Rainbow Scratch art 1:00pm Bingo! 2:30 Snack and Hydration 3:00pm resident sing along Halloween	31