



REVITALIZE WELLNESS CENTER
First Floor, Apartment #101, 259-4681

Open Clinic Hours

Tuesday: 1 - 3PM Thursday: 9:30 - 11AM Friday: 12 - 2PM

PHYSICAL WELLNESS

Lower Level, 259-4547

Open Gym Hours: Mondays 3:00-4:00PM

Video Exercise: 9:00AM Monday - Friday (Education Room)

Mondays	9:30AM	Steady Steps
	10:30AM	30 Minute Morning Stretch
	1:30PM	Walking Group (Lobby)
Tuesdays	9:30AM	Stronger Seniors
	10:30AM	30 Minute Morning Stretch
	1:30PM	Silver Sneakers Gentle Chair/Mat Yoga
Wednesdays	9:30AM	Steady Steps
	10:30AM	30 Minute Morning Stretch
	1:30PM	Walking Group (Lobby)
Thursdays	9:30AM	Stronger Seniors
	10:30AM	30 Minute Morning Stretch
	1:30PM	Silver Sneakers Gentle Chair/Mat Yoga



SPIRITUAL WELLNESS

WEEKDAY MASS:	11:00AM
WEEKEND MASSES:	Saturday 4:00PM Sunday 9:30AM
ADORATION & BENEDICTION	First Friday of the month after Mass
CONFESSION:	Call x3714 for an appointment
DIVINE MERCY DEVOTIONS:	Fridays 3:30PM
OUR LADY OF PERPETUAL HELP DEVOTIONS:	Mondays after Mass
WEEKDAY ROSARY:	10:30AM



October



PLEASE CONSIDER DONATING PAPER PRODUCTS TO
KATHY'S HOUSE — OCTOBER 11-14
DONATIONS CAN BE PLACED ON THE TABLE OUTSIDE OF THE BAGOZZI ROOM

PLEASE SEE THE BACK OF THE CALENDAR FOR OUR NEW FITNESS SCHEDULE



October



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center">COMMUNITY OUTREACH: KATHY'S HOUSE 8TH ANNUAL PAPER SHOWER OCTOBER 11-14 (TABLE OUTSIDE OF BAGOZZI ROOM)</p>		<p>WC: WELLNESS CENTER MR: MEETING ROOM OD: O'DONNELL ROOM P: PATIO BR: BAGOZZI ROOM L: LOBBY WS: WHOLISTIC STUDIO (LOWER LEVEL) CR: CRAFT ROOM ER: EDUCATION ROOM * : TO BE DETERMINED</p>	<p>MASS GROUPS: GROUP A: FLOORS 1-5 GROUP B: FLOORS 6-10</p>	<p align="center">PLEASE NOTE: DATES/TIMES/LOCATIONS ARE SUBJECT TO CHANGE DUE TO THE RENOVATION/CONSTRUCTION SCHEDULE. Thank you in advance for your flexibility and patience.</p>	<p>1 10:00 Ener-Chi with Lee (FC) 1:30 Bingo (OD) 2:00 *Tech@Home Class (ED) 3:30 Divine Mercy Devotions (CH) 7:00 Sheepshead (GR)</p>	<p>2 1:00 Movie (OD) "Clear and Present Danger" (1994) 4:00 Mass - Group B</p>
<p>3 9:30 Mass—Group A 1:00 Movie (OD) "Freedom Writers"(2007)</p>	<p>4 1:30 *Card Making Class (CR) 1:30 Writing Group (MR) 2:00 Canasta (GR) 2:30 Floors 1 & 2 Reception 3:00 October Spiritual Fest (OD) 7:00 Sheepshead (GR)</p>	<p>5 9:00—3:00 *TNT 9-3 (WS) 2:00 Dominos (GR) 3:00 October Spiritual Fest (OD) 7:00 Captain Pabst & the Pabst Mansion Presenter: Dave Fehlauer, Docent (OD)</p>	<p>6 1:00 Mental Gymnastics (MR) 2:00 Scrabble 2:30 Ener-Chi with Lee (FC) 2:30 Floor 3 Reception 3:00 October Spiritual Fest (OD) 3:30 Meditation with Josh (ED) 7:00 Sheepshead (GR)</p>	<p>7 1:30 Chat & Stitch (MR) 2:00 *Stand UP/Move More (ER) 4:00 Happy Hour 5:00 Foundation Hospice Gala Dinner *RSVPs Required</p>	<p>8 10:00 Ener-Chi with Lee (FC) 1:00 Pet Therapy with Zander! (L) 1:30 Bingo (OD) 2:00 *Tech@Home Class (ED) 3:30 Divine Mercy Devotions 7:00 Sheepshead (GR)</p>	<p>9 1:00 Movie (OD) "Poms" (2019) 4:00 Mass - Group A</p>
<p>10 9:30 Mass—Group B 1:00 Movie (OD) "Same Kind Of A Different As Me"(2017)</p>	<p>11 2:00 Canasta (GR) 2:30 Floor 4 Reception 3:00 October Spiritual Fest (OD) 3:30 Meditation with Josh (ED) 7:00 Sheepshead (GR) 7:00 MSO Violin Duet (OD)</p>	<p>12 9:00—12:00 *Massage (WS) 11:30 *Lunch Bunch Delivered (BR) Maggiano's 2:00 Dominos (GR) 2:00 General RAC Meeting (OD) 3:00 October Spiritual Fest (OD)</p>	<p>13 9:30 Construction Update (OD) 1:00 *Lit Talk (MR) 2:00 Scrabble 2:30 Ener-Chi with Lee (FC) 2:30 Floor 5 Reception 3:00 October Spiritual Fest (OD) 3:30 Meditation with Josh (ED) 7:00 Sheepshead (GR)</p>	<p>14 9:30 Community Coffee (OD) Presenter: Patty Metropulos Kathy's House 2:00 Movie (OD) "Valentine's Day" (2010) 2:00 *Stand UP/Move More (ER) 4:00 Happy Hour</p>	<p>15 10:00* Mke Symphony Orchestra 10:00 Ener-Chi with Lee (FC) 1:30 Bingo (OD) 2:00 *Tech@Home Class (ED) 3:30 Divine Mercy Devotions 7:00 Sheepshead (GR)</p>	<p>16 1:00 Movie (OD) "Yes Day"(2021) 4:00 Mass - Group B</p>
<p>17 9:30 Mass—Group A 1:00 Movie (OD) "Hugo"(2011)</p>	<p>18 1:30 Writing Group (MR) 2:00 Canasta (GR) 2:00 Home Sweet Home with Miriam (BR) 2:30 Floor 6 Reception 3:30 Meditation with Josh (ED) 7:00 Sheepshead (GR)</p>	<p>19 9:00—11:00 *Hearing Aide Cleaning (WC) 1:00 Around the World (ED) Location: Singapore 2:00 Dominos (GR) 2:00 Healthy Chat with Amy (ED)</p>	<p>20 9:00—3:00 *TNT 9-3 (WS) 1:00 Mental Gymnastics (MR) 2:00 Scrabble 2:30 Ener-Chi with Lee (FC) 2:30 Floor 7 Reception 3:00 Lay Camilian Family Meeting (OD) 3:30 Meditation with Josh (ED) 7:00 Sheepshead (GR)</p>	<p>21 1:30 Chat & Stitch (BR) 2:00 Movie (OD) "Quartet" (2012) 2:00 *Stand UP/Move More (ER) 4:00 Happy Hour</p>	<p>22 10:00 Ener-Chi with Lee (FC) 1:00 Pet Therapy with Zander! (L) 1:30 Bingo (*) 2:00 *Tech@Home Class (ED) 3:30 Divine Mercy Devotions 7:00 Sheepshead (GR)</p>	<p>23 1:00 Movie (*) "Clint Eastwood: The Outlaw Josey Wales"(1976) 4:00 Mass - Group A</p>
<p>24 9:30 Mass—Group B 1:00 Movie (*) "Breaking Boundaries Documentary, The Science Of Our Planet"</p>	<p>25 2:00 Canasta (GR) 2:30 Floor 8 Reception 3:30 Meditation with Josh (ED) 7:00 Sheepshead (GR)</p>	<p>26 2:00 Dominos (GR) 2:30 Operational Update (*)</p>	<p>27 1:00 Lit Talk (MR) 2:00 Scrabble 2:30 Ener-Chi with Lee (FC) 2:30 Floors 9 & 10 Reception 3:30 Meditation with Josh (ED) 7:00 Sheepshead (GR)</p>	<p>28 2:00 Movie (*) "Fisherman's Friends" British (2019) 2:00 *Stand UP/Move More (ER) 4:00 Happy Hour</p>	<p>29 10:00 Ener-Chi with Lee (ED) 1:00 Pet Therapy with Zander! (L) 1:30 Bingo (*) 2:00 *Tech@Home Class (ED) 3:30 Divine Mercy Devotions 7:00 Sheepshead (GR)</p>	<p>30 1:00 Movie (*) "Betty White, The First Lady Of Television" Documentary(2018) 4:00 Mass - Group B</p>