

HAPPY HALLOWEEN

OCTOBER 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Wellness happens at
THE VILLAGE OF OAKLAND WOODS



27
05:30 *Trunk or Treat at St. Michael's*

01

08:00 Breakfast Club
10:00 God's Word and Prayer
11:00 TOPS

02

08:00 Breakfast Club
10:00 GitFit
11:00 Village Chorus
02:30 Blood Pressure Clinic
03:00 Stretch and Flex

03

08:00 Breakfast Club
12:00 Sit and Be Fit

04

08:00 Breakfast Club
10:00 GitFit
12:00 Continental Potluck

05

08

08:00 Breakfast Club
10:00 God's Word and Prayer
11:00 TOPS
12:00 Sit and Be Fit
02:00 Medicare Presentation
Featuring Debbie Stroup

09

08:00 Breakfast Club
10:00 GitFit
11:00 Village Chorus
02:30 Flu Shots
02:30 Blood Pressure Clinic
03:00 Stretch and Flex

10

All Day Fruits and Vegetables
08:00 Breakfast Club
12:00 Sit and Be Fit
01:00 Walmart

11

08:00 Breakfast Club
10:00 GitFit
12:00 Calendar Planning Meeting
01:00 Pumpkin Painting

12

15

08:00 Breakfast Club
10:00 God's Word and Prayer
11:00 TOPS
12:00 Sit and Be Fit

16

08:00 Breakfast Club
10:00 GitFit
11:00 Village Chorus
12:00 Lighthouse Luncheon
02:30 Breast Cancer Awareness Presentation By Sabrina Swanson

17

All Day Focus Hope
08:00 Breakfast Club
12:00 Sit and Be Fit
01:00 Meijer

18

08:00 Breakfast Club
10:00 GitFit
02:00 Birthday's and Bingo Celebration - Presented by Comcast

19

12:00 Huckleberry Railroad (\$12) - Flint

22

08:00 Breakfast Club
10:00 God's Word and Prayer
11:00 TOPS
12:00 Sit and Be Fit
02:00 Resident Council Meeting

23

08:00 Breakfast Club
10:00 GitFit
11:00 Village Chorus
02:30 Blood Pressure Clinic
03:00 Stretch and Flex

24

08:00 Breakfast Club
12:00 Sit and Be Fit
01:00 Hollywood Markets

25

08:00 Breakfast Club
10:00 GitFit
12:00 Cider Mill

26

29

08:00 Breakfast Club
10:00 God's Word and Prayer
11:00 TOPS
12:00 Sit and Be Fit

30

08:00 Breakfast Club
10:00 GitFit
11:00 Village Chorus
02:30 Blood Pressure Clinic
03:00 Stretch and Flex

31

08:00 Breakfast Club
12:00 Sit and Be Fit
01:00 Halloween Party

