

# October Activity Calendar – WST 2025



			Wednesday	Thursday	Friday	Saturday
 <p><b>October Birthdays</b></p> <p>10/7 – Diane Johnson</p> <p>10/18 – Patricia Jensen</p> <p>10/24 – Diane Kirkeeng</p>		 <p>Take some time to go to the Salem Terrace library. On the desk next to the computer, you will find the journal table station with some journals and a box with index cards – pick a card, read the question and reflect, reminisce and journal the answer to the question on your card.</p>	<p><b>1</b></p> <p>9:00 AM Coffee &amp; Social Hour (dining room)</p> <p>10:00 AM Chair Exercise (back lounge)</p> <p>1:00 PM Dominos (puzzle lounge)</p> <p>2:00 PM – 4:00 PM Join us at our annual Oktoberfest Festivities! See Flyers for more Information! (courtyard)</p> <p>Hair salon open</p>	<p><b>2</b></p> <p>9:00 AM Coffee &amp; Social Hour (dining room)</p>  <p>1:00 PM Play Fall &amp; Halloween Themed Pictionary with Jen! (front lounge)</p> <p>2:00 PM Christ Lutheran Worship (back lounge)</p>	<p><b>3</b></p> <p>9:00 AM Chair Exercise (back lounge)</p>  <p>1:00 PM Make Mini Caramel Apple Bites! (activity room)</p> <p>2:30 PM BINGO w/ Sue (dining room)</p>	<p><b>4</b></p> <p>9:00 AM Coffee &amp; Social Hour (dining room)</p> <p>11:00 AM Badgers @ Wolverines (FOX)</p>  <p>2:00 PM Movie Matinee: “Hocus Pocus” *Snacks will be served* (back lounge)</p>

*May your special day be filled with laughter, love & joy!*



**WST ACTIVITIES ARE SUBJECT TO CHANGE**






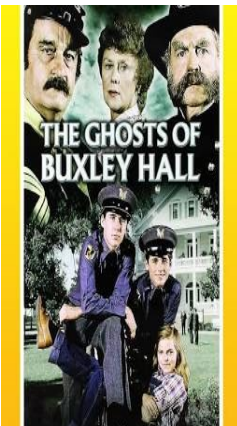
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5</p> <p><b>9:30 AM</b> <b>Catholic Service</b> (channel 19)</p> <p><b>2:00 PM</b> <b>Euchre</b> (puzzle lounge)</p>  <p><b>3:00 PM</b> <b>Silver Sneakers Walking Club</b> (meet in the courtyard)</p> <p><b>Practice an Act of Kindness for Someone in light of National Do Something Nice Day!</b></p>	<p>6</p> <p><b>10:00 AM</b> <b>Chair Exercise</b> (back lounge)</p>  <p><b>2:30 PM</b> <b>Craft Time with Alyssa – We will have craft supplies available, or if you'd like you can bring your own craft you are working on from home!</b> (activity room)</p>	<p>7</p> <p><b>Happy Birthday, Diane J!!</b></p> <p><b>9:00 AM</b> <b>Coffee &amp; Social Hour</b> (dining room)</p> <p><b>10:00 AM</b> <b>Bingocize with Jen!</b> <b>*Play BINGO and Exercise at the same time!!*</b> (activity room)</p> <p><b>1:00 PM</b> <b>Dominos</b> (puzzle lounge)</p> 	<p>8</p> <p><b>9:00 AM</b> <b>Coffee &amp; Social Hour</b> (dining room)</p> <p><b>10:00 AM</b> <b>Chair Exercise</b> (back lounge)</p> <p><b>10:00 AM</b> <b>Men's Group Remote Control Car Edition!</b> (activity room)</p> <p><b>10:45 AM</b> <b>Ashley Delivers library books to your apartment!</b></p> <p><b>1:00 PM</b> <b>Dominos</b> (puzzle lounge)</p> <p><b>Bus Trip:</b> <b>Scenic Drive to Enjoy the Fall Foliage!</b> (meet in back lounge @ 1:00pm)</p> <p><b>Hair salon open</b></p>	<p>9</p> <p><b>9:00 AM</b> <b>Coffee &amp; Social Hour</b> (dining room)</p>  <p><b>1:00 PM</b> <b>Service Club Make Tea bags for local Teacher give away</b> (activity room)</p> <p><b>2:00 PM</b> <b>Christ Lutheran Bible Study</b> (back lounge)</p>	<p>10</p> <p><b>9:00 AM</b> <b>Chair Exercise</b> (back lounge)</p> <p><b>10:00 AM</b> <b>Deacon Bob</b> (activity room)</p> <p><b>1:00 PM</b> <b>Spooky Story Exchange!</b> <b>Come hang out with staff and share scary stories from your past or folklore you remember from your childhood!</b> (front lounge)</p>  <p><b>2:30 PM</b> <b>BINGO w/ Sue</b> (dining room)</p>	<p>11</p> <p><b>9:00 AM</b> <b>Coffee &amp; Social Hour</b> (dining room)</p> <p><b>Hawkeyes @ Badgers</b> (TBD)</p>  <p><b>2:00 PM</b> <b>Movie Matinee: "Young Frankenstein"</b> <b>*Snacks will be served during the movie! *</b> (back lounge)</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12</p> <p>9:30 AM Catholic Service (channel 19)</p> <p>1:00 PM Euchre (puzzle lounge)</p> <p>2:00 PM Silver Sneakers Walking Club (meet in the courtyard)</p>  <p>3:25 PM Green Bay Packers vs. Cincinnati Bengals (CBS)</p>	<p>13</p>  <p>10:00 AM Men's Bible Study with Larry (activity room)</p> <p>10:00 AM Chair Exercise (back lounge)</p> <p>Don't miss out on grabbing something from the activity cart!! (dining room)</p> 	<p>14</p> <p>9:00 AM Coffee &amp; Social Hour (dining room)</p> <p>1:00 PM Dominos (puzzle lounge)</p>  <p>2:30 PM Celebrate National Dessert Day by enjoying some Milk &amp; Cookies! (front lounge)</p> <p>2:00 PM Music by the Good News Choir! (dining room)</p>	<p>15</p> <p>9:00 AM Coffee &amp; Social Hour (dining room)</p> <p>10:00 AM Chair Exercise (back lounge)</p> <p>1:00 PM Dominos (puzzle lounge)</p>  <p>5:00 PM Popcorn &amp; I love Lucy Marathon in honor of National I Love Lucy Day! (back lounge)</p> <p>Hair salon open</p>	<p>16</p> <p>9:00 AM Coffee &amp; Social Hour (dining room)</p>  <p>10:00 AM Join in on some fun and play Halloween Inspired Heads Up with Staff!! (activity room)</p> <p>1:30 PM Our Saviors Church Service (dining room)</p>	<p>17</p> <p>10:00 AM Chair Exercise (back lounge)</p> <p>1:00 PM Test your knowledge of Halloween Facts and Lore @ Halloween Trivia! (front lounge)</p> <p>2:30 PM BINGO w/Sue (dining room)</p> <p>Q: When's the best time to cast a spell?</p> <p>A: The witching hour!</p> 	<p>18</p> <p><i>Happy Birthday, Pat J!!</i></p> <p>9:00 AM Coffee &amp; Social Hour (dining room)</p> <p>Buckeyes @ Badgers (TBD)</p>  <p>2:00 PM Movie Matinee: "Beetlejuice" *Snacks will be served!! (back lounge)</p>

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<p>19</p> <p><b>9:30 AM</b> <b>Catholic Service</b> (channel 19)</p> <p><b>1:00 PM</b> <b>Euchre</b> (puzzle lounge)</p>  <p><b>2:00 PM</b> <b>Silver Sneakers Walking Club</b> (meet in the courtyard)</p> <p><b>3:25 PM</b> <b>Green Bay Packers @ Arizona Cardinals</b> (FOX)</p>	<p>20</p> <p><b>10:00 AM</b> <b>Chair Exercise</b> (back lounge)</p> <p><b>1:00 PM</b> <b>Game Guy is back today!</b> <b>All the fun and games are just too good to miss!!</b> (activity room)</p>  <p><b>3:15 PM</b> <b>*Weather permitting*</b> <b>Take A Walk outside with Staff!!</b> (meet in the back lounge)</p>	<p>21</p> <p><b>9:00 AM</b> <b>Coffee &amp; Social Hour</b> (dining room)</p> <p><b>12:30 PM - 3:00 PM</b> <b>Pedicures with Deann</b> <b>*see sign-up sheet*</b> (spa lounge)</p> <p><b>1:00 PM</b> <b>Dominos</b> (puzzle lounge)</p> <p><b>1:30 PM</b> <b>Games w/ Kathy</b> (front lounge)</p> <p><b>3:00 PM</b> <b>Live Music with Brian Fitzgerald</b> (dining room)</p>	<p>22</p> <p><b>9:00 AM</b> <b>Coffee &amp; Social Hour</b> (dining room)</p> <p><b>10:00 AM</b> <b>Chair Exercise</b> (back lounge)</p> <p><b>1:00 PM</b> <b>Dominos</b> (puzzle lounge)</p>  <p><b>2:00 PM</b> <b>Mummy Wrap Game w/ Staff</b> <b>– Teams race to wrap a chosen team member in toilet paper to resemble a mummy!</b> (back lounge) <b>Hair salon open</b></p>	<p>23</p> <p><b>9:00 AM</b> <b>Coffee &amp; Social Hour</b> (dining room)</p> <p><b>10:00 AM</b> <b>Play BINGO and exercise at the same time at BINGOCIZE with Jen!!</b> (activity room)</p>  <p><b>2:00 PM</b> <b>Happy Hour featuring Vampire's Kiss Cocktails &amp; Halloween Chex Mix!</b> (dining room)</p>	<p>24</p> <p><b><i>Happy Birthday, Diane K!!</i></b></p> <p><b>9:00 AM</b> <b>Chair Exercise</b> (back lounge)</p> <p><b>10:00 AM</b> <b>MSGR Burrill</b> (activity room)</p>  <p><b>1:00 PM</b> <b>Apple Cider Social</b> (front lounge)</p> <p><b>2:30 PM</b> <b>BINGO w/ Sue!</b> (dining room)</p>	<p>25</p> <p><b>9:00 AM</b> <b>Coffee &amp; Social Hour</b> (dining room)</p> <p><b>Badgers @ Oregon</b> (TBD)</p>  <p><b>2:15 PM</b> <b>Movie Matinee: "The Ghost of Buxley Hall"</b> <b>*Snacks will be served during the movie!!*</b> (back lounge)</p>

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<p>26</p> <p><b>9:30 AM</b> <b>Catholic Service</b> (channel 19)</p> <p><b>1:00 PM</b> <b>Euchre</b> (puzzle lounge)</p> <p><b>2:00 PM</b> <b>Silver Sneakers Walking Club</b> (meet in the courtyard)</p> <p><b>5:00 PM</b> <b>Colored Pencil Art</b> (front lounge)</p>  <p><b>7:20 PM</b> <b>Green Bay Packers @ Pittsburgh Steelers</b> (NBC)</p>	<p>27</p> <p><b>10:00 AM</b> <b>Men's Bible Study with Larry</b> (activity room)</p> <p><b>10:00 AM</b> <b>Chair Exercise</b> (back lounge)</p>  <p><b>1:30 PM</b> <b>T. E. A. Discussion group - Where we talk about our experience of aging with Alison</b> (activity room)</p>	<p>28</p> <p><b>9:00 AM</b> <b>Coffee &amp; Social Hour</b> (dining room)</p> <p><b>11:30 AM</b> <b>Birthday Brunch will be Served for Lunch Today!!</b> (dining room)</p> <p><b>1:00 PM</b> <b>Dominos</b> (puzzle lounge)</p>  <p><b>2:30 PM</b> <b>Spider Race Game with Staff!</b> (activity room)</p>	<p>29</p> <p><b>10:00 AM</b> <b>Chair Exercise</b> (back lounge)</p> <p><b>Bus Trip: Visit the National Eagle Center in Wabasha, MN! Cost is \$12 Veterans Admission is Free Lunch @ Herb + Arrow to follow.</b> (meet in the back lounge @10:00 AM)</p> <p><b>1:00 PM</b> <b>Dominos</b> (puzzle lounge)</p> <p>Hair salon open</p>	<p>30</p> <p><b>9:00 AM</b> <b>Coffee &amp; Social Hour</b> (dining room)</p>  <p><b>10:00 AM</b> <b>Special Halloween</b> <b>Visit from the 4K West Salem Elementary School Students!</b> (dining room)</p> <p><b>5:30 PM</b> <b>Puzzle time</b> <b>Invite a friend!</b> (puzzle lounge)</p>	<p>31</p> <p><b>9:00 AM</b> <b>Chair Exercise</b> (back lounge)</p> <p><b>2:30 PM</b> <b>BINGO w/ Sue!</b> (dining room)</p> <p><b>Halloween Costume Contest!</b> <b>Whoever is wearing the best Halloween costume, wins a prize!!</b></p> 	

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