












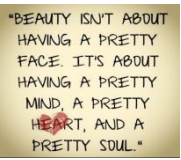








Daily Activities for October

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Chair Volleyball 9:00 Billiards/ Donut 9:30 Ceramics all day 9:30 Needle Crafters 11:00 Exercise Class 12:45 Hand & Foot 1:00 Mahjong 1:00 Bingo/Poker	9:00 Billiards 9:30 Painting 12:30 Duplicate Bridge 12:15 Bridge Game-2 1:00 Dominoes 1:00 Arts & Crafts Class	9:00 Chair Volleyball 9:00 Billiards 9:00 Painting Group 9:00 Hand and Foot 11:00 Tai Chi 12:00 Skip Bo 1:00 Bingo 1:00 Poker	8:00 Woodcarvers 8:30 Panera 9:00 Billiards 10:00 Bridge Game 2 12:30 Bridge Game 1 1:00 Bunco/Euchre 1:00 Quilter	9:00 Chair Volleyball 9:00 Billiards/Panera 9:30 Painting / Drawing 11:00 Tai Chi 12:00 Skip Bo 12:30 Pinochle 1:00 Bingo 1:00 Art and Crafts

Daily Quotes to live by.....

Monday	Tuesday	Wednesday	Thursday	Friday
Join our Grab and Go Lunch Program! Call us before noon to order for the next day! 402-293-3041			1 Attitude is everything so pick a good one 	2 Be the person you want as a friend 
5 Enjoy the little things in life 	6 Life is short, make it sweet 	7 Live your life, forget your age. 	8 Never regret anything that made you smile 	9 Enjoy today, yesterday is gone 
12 Smile – whether you want to or not 	13 A positive thought in the morning can change your day 	14 Exercise is for your body and mind 	15 Every day is a fresh start 	16 Can't change the wind? Change your sails. 
19 Start each day with a grateful heart 	20 Life is about moments – create them. 	21 Beauty is what's in your heart 	22 Today only happens once, make it amazing 	23 The more you give, the more you get 
26 You are your own best investment 	27 Find the rainbow in the rain 	28 When you can't find the sunshine, be the sun 	29 Be in love with your life 	30 Live a happy and positive life 