

SUN	MON	TUE	WED	THUR	FRI	SAT
KEY C - Arts and Crafts Room AL - Assisted Living A - Auditorium B - Bistro DP - Dog Park LB - Library LR - Living Room L - Lobby L/C - Lobby departure or Cottage Pick-up PP - Ping Pong Room P - Pool QR - Quiet Room W - Welcome Room 💡 - Cognitive	🚌 - Cottage Transportation Available ☀️ - Spiritual 🌸 - Social 🌿 - physical 💡 - Emotional 📅 - Vocational 📌 - Registration Required 💰 - Payment Required	Fitness Classes <u>8am Heels up Walk (FC)</u> <u>9am Fit For Life (A)</u> <u>9:30am Mat Class (A)</u> <u>9:45am "Fun"ctional Strength (A)</u> <u>11am Water waves MWF (Pool)</u> <u>11:30am Circuit Training w/Shirley (FC)</u>	10-5 Taco Day 10-8 Farmers Market 10-19 Chocolate Cupcake 10-23 Boston Cream Pie 10-26 Pumpkin day 10-28 Chocolate Day	10:00 Lewes Library (L/C) 🚌 1 10:30 Chair Yoga with Faith (QR) 10:30 Tai Chi Basics (A) ☀️ 🌿 11:00 Catholic Communion - Distribution (AL) 1:00 Water Rockets (P) 1:00 Crossword (LR) 2:00 Bark In The Park (DP) 2:00 English Country Dancing (A) 2:30 Dining Committee Meeting (W)	10:00 Quilting with Judy / Needlework (Craft Room) 📅 10:15 Recyclers (L) 1:00 Balance Class (A) 🌿 2:30 Candoo Tech Learning (Craft Room) 📅 3:45 BIRTHDAY - Happy Hour (B) 🚌 7:00 Friday Night Movie- Nine to Five (A) 💡	9:30 Outdoor Shuffleboard 🌿 3 1:00 Game Day (B) 1:00 Paper Crafts with Paula (C) 🌸 💡
10:00 Quaker Meeting (QR) ☀️ 4 2:00 Mah Jong (LR) 💡 2:30 Sodelo Concert-Symphony at CHHS \$30 at Door (lobby and cottage pick up) 📌 🚌 💰 4:00 Sunday Service (QR) ☀️	8:00 Cottage Recycling 5 11:00 Qigong / Tai Chi (A) ☀️ 🌿 1:00 Balance Class (A) 🌿 1:00 Drop in Color Group (B) 3:30 Wellness Committee (QR) 6:50 Bridge (LR) 7:00 5 Crowns (B)	10:00 Ping Pong (PP) 6 12:00 Weis & Pharmacy 📌 🚌 12:30 Draw, Paint & Chat (C) 1:00 Water Rockets (P) 1:00 Recorders Rehearsal (A) 1:00 Trivia & Treats (QR) 2:00 Bark In The Park (DP) 7:00 Cribbage (LR)	9:00 Bank and Post Office Run (L/C) 📌 🚌 7 10:15 Grocery Run-Giant (L) 📌 🚌 1:00 Balance Class (A) 🌿 1:00 Program Committee Meeting (W) 1:00 Walmart (Rehoboth Beach) 📌 🚌 2:00 Bill Zak (LB) 🌸 💡 3:00 Ping Pong (PP) 3:00 Episcopal Service (QR) 7:00 Canasta (LR) 🌸 💡	10:30 Chair Yoga with Faith (QR) 8 10:30 Tai Chi Basics (A) ☀️ 🌿 11:00 Catholic Communion - Distribution (AL) 12:00 Ladies Lunch- Cottage Cafe' (lobby and cottage pick up) 📌 🚌 1:00 Water Rockets (P) 1:00 Crossword (LR) 2:00 Bark In The Park (DP) 2:00 English Country Dancing (A) 6:00 Celtic Jam session (A)	10:00 Quilting with Judy / Needlework (Craft Room) 📅 9 10:15 Recyclers (L) 10:30 Celebration of Life - Mary Shea (A) ☀️ 💡 1:00 Balance Class (A) 🌿 1:30 Candoo Tech Learning (Craft Room) 3:45 Happy Hour (B) 🚌 7:00 Friday Night Movie- Da Vinci code (A) 💡	9:30 Outdoor Shuffleboard 🌿 10 1:00 Game Day (B) 2:00 Movie Matinee- "Fly me to the Moon" (A)
10:00 Quaker Meeting (QR) ☀️ 11 2:00 Mah Jong (LR) 💡 4:00 Sunday Service (QR) ☀️	11:00 Qigong / Tai Chi (A) ☀️ 🌿 12 1:00 Balance Class (A) 🌿 1:00 Drop in Color Group (B) 3:30 TMLRA Board Meeting (A) 📅 6:50 Bridge (LR) 7:00 5 Crowns (B)	10:00 Ping Pong (PP) 13 12:00 Weis & Pharmacy 📌 🚌 12:15 Mens Lunch- 3 Knotched Brewery (lobby and cottage pick up) 📌 🚌 12:30 Draw, Paint & Chat (C) 1:00 Water Rockets (P) 1:00 Recorders Rehearsal (A) 1:00 Trivia & Treats (QR) 2:00 Bark In The Park (DP) 3:00 Hearing Aid Cleanings (C) 💡 📅 3:30 Afternoon Exchange (A) 🚌 7:00 Book Club (A) 7:00 Cribbage (LR)	9:00 Bank and Post Office Run (L/C) 📌 🚌 14 10:15 Grocery Run-Acme (L) 📌 🚌 1:00 Balance Class (A) 🌿 2:00 Bill Zak (LB) 🌸 💡 3:00 Ping Pong (PP) 3:00 Episcopal Service (QR) 3:00 Longwood Gardens Behind the Scenes - LivWell (A) 💡 7:00 Canasta (LR) 🌸 💡	10:00 Lewes Library (L/C) 🚌 15 10:30 Chair Yoga with Faith (QR) 10:30 Tai Chi Basics (A) ☀️ 🌿 1:00 Water Rockets (P) 1:00 Crossword (LR) 2:00 Bark In The Park (DP) 2:00 English Country Dancing (A) 4:30 October Fest (Chart Dining Room) 🌸 📌	10:00 Quilting with Judy / Needlework (Craft Room) 📅 16 10:15 Recyclers (L) 1:00 Balance Class (A) 🌿 3:45 Happy Hour (B) 🚌 7:00 Friday Night Movie-The Best of Enemies (A) 💡	9:30 Outdoor Shuffleboard 🌿 17 1:00 Game Day (B) 1:00 Paper Crafts with Paula (C) 🌸 💡

October 2026