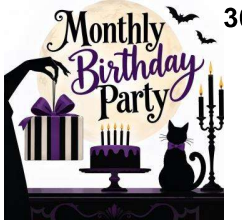


* Smoke Breaks 10am – 2pm -5:30pm *Hairdresser is Every Thursday

October 2026

ALL ACTIVIES ARE SUBJECT TO CHANGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30 Daily Coffee & Convo 10:30 Catholic Communion 11:30 Communal Dining 1:00 Room Visits 1:00 Wellness Meeting 2:00 Movie & Snacks 4:00Trivia 6:00 Resident Choice	2 9:30 Daily Coffee & Convo 10:00 Good Morning & Get Moving 11:30 Communal Dining 1:00 Room Visits 1:00 Wellness Meeting 2:00 Oktoberfest 3:00 Bingo 4:00 Evening Movie	3 10:30 Daily Coffee & Convo 11:00 Daily Chronical & Discussion 12:00 Nails 12 to 2pm BEI 1:00 Crafts 2:00 Res. Smoke Break 2:30 Bingo 4:00 Evening Movie Simchat Torah Begins
4 10:30 Daily Coffee & Convo 11:00 Catholic Service 12:00 Daily Chronical & Discussion 1:00 Room Visits 2 to 3pm BEI 2:30 Bingo 4:00 Evening Movie	5 9:30 Daily Coffee & Convo 10:00 Morning Meditation 11:30 Communal Dining 1:00 Room Visits 1:00 Wellness Meeting 2:00 Apple Cider Social 3:00 Bingo 4:00 Evening Movie	6 9:30 Daily Coffee & Convo 10:00 Crafts 10:30 Catholic Prayer Group 11:30 Communal Dining 1:00 Wellness Meeting 2:00 DIY Autumn Wreath 4:00 Evening Movie 6:00 Resident Choice	7 9:30 Daily Coffee & Convo 10:00 Manicure Hour 11:30 Communal Dining 1:00 Room Visits 1:00 Wellness Meeting 2:00 Trick or Treat your Brain 3:00 Bingo 4:00 Evening Movie	8 9:30 Daily Coffee & Convo 10:00 Trivia 11:30 Communal Dining 1:00 Room Visits 1:00 Wellness Meeting 2:00 Movie & Snacks 4:00 Evening Movie 6:00 Resident Choice	9 9:30 Daily Coffee & Convo 10:00 Morning Exercise 11:30 Communal Dining 12:00 Resident Council 1:00 Room Visits 1:00 Wellness Meeting 2:00 Pumpkin Bowling 3:00 Bingo 4:00 Evening Movie	10 10:30 Daily Coffee & Convo 11:00 Daily Chronical & Discussion 12:00 Nails 12 to 2pm BEI 1:00 Trivia 2:00 Res. Smoke Break 2:30 Bingo 3:00 Seventh Day Adventist 4:00 Evening Movie
11 10:30 Daily Coffee & Convo 11:00 Daily Chronical & Discussion 12:30 Nails 1:00 Baptist Church Service CH 4 2 to 3pm BEI 2:30 Bingo 4:00 Evening Movie	12 9:30 Daily Coffee & Convo 10:00 Trivia 11:30 Communal Dining 1:00 Room Visits 1:00 Wellness Meeting 2:00 Hook A Monster 3:00 Bingo 4:00 Evening Movie Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	13 9:30 Daily Coffee & Convo 10:00 Morning Meditation 10:30 Catholic Prayer Group 11:30 Communal Dining 1:00 Wellness Meeting 2:00 Pumpkin Decorating 4:00 Evening Movie 6:00 Resident Choice	14 9:30 Daily Coffee & Convo 10:00 Manicure Hour 11:30 Communal Dining 1:00 Room Visits 1:00 Wellness Meeting 2:00 Autumn Auction 3:00 Bingo 4:00 Evening Movie	15 9:30 Daily Coffee & Convo 10:00 Morning Exercise 11:30 Communal Dining 1:00 Room Visits 1:00 Wellness Meeting 2:00 Pink & Pearls 4:00 Evening Movie 6:00 Resident Choice	16 9:30 Daily Coffee & Convo 10:00 Crafts 11:30 Communal Dining 1:00 Room Visits 1:00 Wellness Meeting 2:30 Tailgating 4:00 Bingo	17 10:30 Daily Coffee & Convo 11:00 Daily Chronical & Discussion 12:00 Nails 12 to 2pm BEI 1:00 Crafts 2:00 Res. Smoke Break 2:30 Bingo 4:00 Evening Movie
18 10:30 Daily Coffee & Convo 11:00 Catholic Service 12:00 Daily Chronical & Discussion 1:00 Room Visits 2 to 3pm BEI 2:30 Bingo 4:00 Evening Movie	19 9:30 Daily Coffee & Convo 10:00 Crafts 11:30 Communal Dining 1:00 Room Visits 1:00 Wellness Meeting 2:00 Women's Group 3:00 Bingo 4:00 Evening Movie	20 9:30 Daily Coffee & Convo 10:00 Morning Exercise 10:30 Catholic Prayer Group 11:30 Communal Dining 1:00 Wellness Meeting 2:00 Poke the Pumpkin 4:00 Evening Movie 6:00 Resident Choice	21 9:30 Daily Coffee & Convo 10:00 Manicure Hour 11:30 Communal Dining 1:00 Room Visits 1:00 Wellness Meeting 2:00 Haunted Lantern 3:00 Bingo 4:00 Evening Movie	22 9:30 Daily Coffee & Convo 10:00 Morning Meditation 11:30 Communal Dining 1:00 Room Visits 1:00 Wellness Meeting 2:00 Scary Movie & Snacks 4:00 Trunk or Treat 6:00 Resident Choice	23 9:00 Daily Coffee & Convo 10:00 Trivia 11:30 Communal Dining 1:00 Room Visits 1:00 Wellness Meeting 2:00 Small Creatures Petting Zoo 3:00 Bingo 4:00 Evening Movie	24 10:30 Daily Coffee & Convo 11:00 Daily Chronical & Discussion 12:00 Nails 12 to 2pm BEI 1:00 Name That Tune 2:00 Res. Smoke Break 2:30 Bingo 4:00 Evening Movie
25 10:30 Daily Coffee & Convo 11:00 Daily Chronical & Discussion 12:30 Nails 1:00 Baptist Church Service CH 4 2 to 3pm BEI 2:30 Bingo 4:00 Evening Movie	26 9:30 Daily Coffee & Convo 10:00 Morning Exercise 11:30 Communal Dining 1:00 Room Visits 1:00 Wellness Meeting 2:00 Halloween Would you Rather 3:00 Bingo 4:00 Evening Movie	27 9:30 Daily Coffee & Convo 10:00 Crafts 10:30 Catholic Prayer Group 11:30 Communal Dining 1:00 Wellness Meeting 2:00 Pass the Witches Broom 4:00 Evening Movie 6:00 Resident Choice	28 9:30 Daily Coffee & Convo 10:00 Manicure Hour 11:30 Communal Dining 1:00 Room Visits 1:00 Wellness Meeting 2:00 Men's Group 3:00 Bingo 4:00 Evening Movie	29 9:30 Daily Coffee & Convo 10:00 Trivia 11:30 Communal Dining 1:00 Room Visits 1:00 Wellness Meeting 2:00 Scary Movie & Snacks 4:00 Halloween Trivia 6:00 Resident Choice	30 	31 10:30 Daily Coffee & Convo 11:00 Daily Chronical & Discussion 12:00 Nails 12 to 2pm BEI 1:00 Halloween Edition (Name That Tune) 2:00 Res. Smoke Break 2:30 Bingo 4:00 Evening Movie Halloween

Heritage Center Recreations Calendar 7232 German Hill Rd Dundalk MD 21222