# October 2026

## Sherwood Oaks Oak Grove

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | | | 1<br>9:30 Visits/Chronicles<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 First Day of October Activities 1<br>2:45 First Day of October Activities 2 | 2<br>9:30 Visits/Chronicles<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 Charles Schultz Peanuts Day 1<br>2:45 Charles Schultz Peanuts Day 2 | 3<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>2:00 Afternoon Movie 1<br>2:00 Afternoon Movie 2<br>Simchat Torah Begins |
| 4<br>10:00 Sit and Stretch 1<br>10:45 Sit and Stretch 2<br>2:00 Afternoon Movie 1<br>2:00 Afternoon Movie 2 | 5<br>9:30 Visits/Chronicles<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 Painting 1<br>2:45 Painting 2 | 6<br>9:30-10:00 Visits/Chronicles<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 **Stretch and Stability** 1<br>1:30 Shirley Temple Day with Shirley Temple Drinks 2<br>2:45 Shirley Temple Day with Shirley Temple Drinks 1<br>5:30 Sing-along 1<br>6:00 Sing-along 2 | 7<br>9:30 Visits/Chronicles<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 Dice Game<br>2:45 Dice Game 2 | 8<br>9:30-10:00 Visits/Chronicles<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 Craft Corner 1<br>2:45 Craft Corner 2 | 9<br>9:30 Visits/Chronicles<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 Classical Music Quiz and Sing-along<br>2:45 Classical Music Quiz and Sing-along 2 | 10<br>10:00 ABC Fitness 1<br>10:45 ABC Fitness 2<br>2:00 Afternoon Movie 1<br>2:00 Afternoon Movie 2 |
| 11<br>10:00 Chair Yoga 1<br>10:45 Chair Yoga 2<br>2:00 Afternoon Movie 1<br>2:00 Afternoon Movie 2 | 12<br>9:30 Visits/Chronicles<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 **Bingo** 1<br>2:45 **Bingo** 2<br>Indigenous Peoples' Day<br>Columbus Day (U.S.)<br>Thanksgiving Day (Canada) | 13<br>9:30-10:00 Visits/Chronicles<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 **Stretch and Stability** 1<br>1:30 Orient Express Day 2<br>2:45 Orient Express Day 1<br>5:30 Conversation Corner 1<br>6:00 Conversation Corner 2 | 14<br>9:30 Visits/Chronicles<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 Halloween Craft 1<br>2:45 Halloween Craft 2 | 15<br>9:30-10:00 Visits/Chronicles<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 **Stretch and Stability** 1<br>1:30 Pictionary and Music 2<br>2:45 Pictionary and Music 1 | 16<br>9:30 Visits/Chronicles<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 Friday Floats 1<br>2:00 Friday Floats 2 | 17<br>10:00 Chronicle, Newsflash and Stretch 1<br>10:45 Chronicle, Newsflash and Stretch 2<br>2:00 Afternoon Movie 1<br>2:00 Afternoon Movie 2 |
| 18<br>10:00 Sit and Stretch 1<br>10:45 Sit and Stretch 2<br>2:00 Afternoon Movie 1<br>2:00 Afternoon Movie 2 | 19<br>9:30 Visits/Chronicles<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 Donut Day 1<br>2:45 Donut Day 2 | 20<br>9:30-10:00 Visits/Chronicles<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 **Stretch and Stability** 1<br>1:30 **Oktoberfest Party**! 2<br>2:45 **Oktoberfest Party**! 1<br>*Music with Roberta* | 21<br>9:30 Visits/Chronicles<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>2:00 **Karaoke with Bill** 1<br>All residents invited from OG 1 and 2<br>3:15 2 | 22<br>9:30-10:00 Visits/Chronicles<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 **Stretch and Stability** 1<br>1:30 Finishing Lines 2<br>2:00 Finishing Lines 1 | 23<br>9:30 Visits/Chronicles<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 Country Music Bingo 1<br>2:45 Country Music Bingo 2 | 24<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 **Chinese Dancers from Pittsburgh Cultural Trust Organization**<br>2:00 Afternoon Movie 1<br>2:00 Afternoon Movie 2 |
| 25<br>10:00 Dance Exercise 1<br>10:45 Dance Exercise 2<br>2:00 Afternoon Movie 1<br>2:00 Afternoon Movie 2 | 26<br>9:30 Visits/Chronicles<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 **Sing-along with Roberta** 1<br>2:45 **Sing-along with Roberta** 2 | 27<br>9:30-10:00 Visits/Chronicles<br>10:00 Fun and Fitness 1<br>10:30 Fun and Fitness 2<br>1:30 **Stretch and Stability** 1<br>1:30 Halloween Reminisce/Cider/Donuts 2<br>2:45 Halloween Reminisce/Cider/Donuts 1<br>6:00 **Trick or Treat**! 1<br>6:30 **Trick or Treat**! 2 | 28<br>9:30 Visits/Chronicles<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>2:00 **Ukulele Music Sing-along** 2<br>All residents welcome from OG 1 and 2<br>3:00 Movie Matinee 1 | 29<br>9:30-10:00 Visits/Chronicles<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 **Stretch and Stability** 1<br>1:30 Etiquette Day 2<br>2:30 Etiquette Day 1<br>3:00 **Protestant Communion** 1,2 | 30<br>9:30 Visits/Chronicles<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 **Halloween Party**: Music and Game 1<br>2:45 **Halloween Party**: Music and Game 2 | 31<br>10:00 Chronicle, Newsflash and Stretch 1<br>10:45 Chronicle, Newsflash and Stretch 2<br>2:00 Afternoon Movie 1<br>2:00 Afternoon Movie 2<br>Halloween |

Activities are subject to change