

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2022

Sheyenne Crossings Senior Living Activity Calendar

9:30a Whoga+ 1						
1:00p Bison Football Home Game (ABC) – Youngstown State++ 2:00p Rummikub++						
10:30a Mass-Ch. 6+ 2 11:00a Messiah Lutheran on Ch. 6+ 2p Cards-Hand 'n Foot+ 6:00p The Lawrence Welk Show+	9:30a Forever Fit+ 3 11:00a Dining Out at Longhorn Steakhouse+ 2p Cardio Drumming+	9:30a Bible Study+ 4 10:30a Whoga+ 1:00p Catholic Mass+ 2:00p Bingo++	9:30a Forever Fit+ 5 2:00p Music by: Ron Kerber & Michael Helm++	9:30a Worship+ 6 10:30a Whoga+ 2:00p Bingo++ 4:00p Club Cocktails+	9:30a Forever Fit+ 7 10:15a Activity Planning in the Club Room+ 2:00p Teresa's Wheel of Missed Fortune+	9:30a Whoga+ 8 12:00p Bison Football Away Game (ABC) – Indiana State++ 2:00p Pool Games++
10:30a Mass-Ch. 6+ 9 11:00a Messiah Lutheran on Ch. 6+ 2p Cards—Pinochle++ 6:00p The Lawrence Welk Show+	9:30a Forever Fit+ 10 10:30a Massages by+ Cathy in Sheyenne Studio 2p Blank Slate Game+	10:30a Whoga+ 11 1:00p Catholic Mass+ 2:00p Bingo++	9:30a Forever Fit+ 12 1-2p Coco's Farmers Day Celebration with Petting Zoo in Front Parking Lot++ 2:00p Birthday Party Entertainment by: Chuck Fox++	9:30a Worship+ 13 10:30a Whoga+ 1:00-4:00p Flu Shots in the Club Room 2:00p Bingo++	9:30a Forever Fit+ 14 2:00p Fall Leaf Scenic Drive++	9:30a Whoga+ 15 2:30p Bison Football Home Game (ABC) – South Dakota State++ 2:00p Carbles++
10:30a Mass-Ch. 6+ 16 11:00a Messiah Lutheran on Ch. 6+ 2p Cards—Rummy++ 6:00p The Lawrence Welk Show+	9:30a Forever Fit+ 17 11:00a Dining Out at The Oasis Grill+ 2p Balloon Volleyball+	9:30a Bible Study+ 18 10:30a Whoga+ 11:45a Men's Meal+ 1:00p Catholic Mass+ 2:00p Bingo++	9:30a Forever Fit+ 19 10a Coffee with a Cop+ at 2:00p Music by Brian Breitbarth & Nancy++	9:30a Worship+ 20 10:30a Whoga+ 1p West Fargo Public Library in Dining Room 2:00p Bingo++ 4:00p Club Cocktails+	9:30a Forever Fit+ 21 2p Popcorn & Movie "Judy" +	9:30a Whoga+ 22 2:00p Rummikub++
10:30a Mass-Ch. 6+ 23 11:00a Messiah Lutheran on Ch. 6+ 2p Cards—Whist++ 6:00p The Lawrence Welk Show+	9:30a Forever Fit+ 24 10:30a Massages by+ Cathy in Sheyenne Studio 2:00p Jeopardy! +	10:30a Whoga+ 25 1:00p Catholic Mass+ 2:00p Let's Get Crafty—Fall Gnome Wreath++	9:30a Forever Fit+ 26 2:00p Music by: Jan & Sandy Severson++	9:30a Worship+ 27 10:30a Whoga+ 2:00p Bingo++	9:30a Forever Fit+ 28 12-12:30p Hearing Aid Cleaning in Club Room 2:00p Bingo++	9:30a Whoga+ 29 2:30p Bison Football Home Game (ABC) – Illinois State++ 1-3p WF Halloween Treat Street Event++
10:30a Mass-Ch. 6+ 30 11:00a Messiah Lutheran on Ch. 6+ 2p Cards—Pinochle++ 6:00p The Lawrence Welk Show+	9:30a Forever Fit+ 31 2:00p Halloween Carnival in the Chapel+					