

FRED DOUGLAS LODGE				FACILITY				SUBJECT TO CHANGES							
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
				AR: ACTIVITY ROOM FL: FIRESIDE LOUNGE CH: CHAPEL GR: GAMES ROOM DR: DINING ROOM FD: FAMILY DINING BR: BOARD ROOM				1		2		3			
								9:10	Fit & Fabulous (AR)	9:10	Fall into Fitness	8:15	Spruce Activities		
								1:15	Noodle Volleyball (AR)	2:00	Entertainment in A.R with Chris.M	9:25	Evergreen Activities		
								3:30	Left and Right Game (AR)	5:30	Bocce Ball (AR)	10:35	Willow Activities		
								5:30	Bingo (AR)			1:00	Maple/Elm Activities		
												2:10	Oak Activities, Exercise, Trivial Balloon toss, World International Ministry		
4		5		6		7		8		9		10			
		9:10	Harvest your Health (AR)	9:10	Golden Season Fitness (AR)	9:10	Cozy Cardio (AR)	9:10	Get movin & Groovin (AR)	9:10	Sweater weather work out(AR)	8:15	Spruce Activities		
		1:15	Bingo (AR)	1:15	\$ Bingo (AR)	1:15	Wack-A-Mole (AR)	1:15	Parachute Game (AR)	1:15	Shuffle Bowl (AR)	9:25	Evergreen Activities		
		3:30	Name that Tune (AR)	3:30	Ladder Ball (AR)	3:30	Alphabet Game (AR)	3:30	Pictionary (AR)	3:30	Who am I Trivia (AR)	10:35	Willow Activities		
		5:30	Shuffle Bowl (AR)	5:30	Horse Racing (AR)	5:30	Bowling (AR)	5:30	Bingo (AR)	5:30	Golf Pong (AR)	1:00	Maple/Elm Activities		
11		12		13		14		15		16		17			
			STAT NO RECREATION 	9:10	Crisp Air Cardio (AR)	9:10	Fallin in to Shape (AR)	9:10	Autumn Energy (AR)	9:10	Fall fun and Fitness (AR)	8:15	Spruce Activities		
				1:15	\$ Bingo (AR)	1:15	Horse Racing (AR)	1:15	Bingo AR	1:15	Sing -A-Long /Dance Party(AR)	9:25	Evergreen Activities		
				3:30	Tic Tac Toe (AR)	3:30	Cornhole (AR)	3:30	Hoop Toss (AR)	3:30	Rock,paper, scissors (AR)	10:35	Willow Activities		
				5:30	Noodle Ball (AR)	5:30	Balloon Toss Trivia (AR)	5:45	Entertainment in A.R	5:30	Hockey(AR)	1:00	Maple/Elm Activities		
									With B-Sides Apostles			2:10	Oak Activities, Exercise, Ring Toss, Trivia		
18		19		20		21		22		23		24			
		9:10	Boo & Move (AR)	9:10	Witch way to Fitness (AR)	9:10	Pumpkin Power Moves (AR)	9:10	Frightfully Fit (AR)	9:10	Spookltacular Fitness (AR)	8:15	Spruce Activities		
		1:15	Bingo (AR)	1:15	\$ Bingo (AR)	1:15	Bocce Ball (AR)	1:15	Golf Pong (AR)	1:15	Curling (AR)	9:25	Evergreen Activities		
		3:30	Whats that Sound (AR)	3:30	Ring Toss (AR)	3:30	Think Fast (AR)	3:30	Balloon Toss Trivia (AR)	3:30	Golf (AR)	10:35	Willow Activities		
		5:30	Volleyball (AR)	5:30	Bowling (AR)		6:00	Entertainment in AR with George.D	5:30	Bingo (AR)		1:00	Maple/Elm Activities		
25		26		27		28		29		30		31			
		9:10	Monster Moves (AR)	9:10	Autumn Active (AR)	9:10	Fun with the kids from Inkster Park Daycare	9:10	October on the Move (AR)	9:10	Pumpkin Power (AR)	8:15	Spruce Activities		
		1:15	Bingo (AR)	1:15	\$ Bingo (AR)	1:15	Baking Club (AR)	1:15	Shoot the Ghost (AR)	1:15	Halloween Party, haunted house, scary food, and Pictures	9:25	Evergreen Activities		
		3:30	Price is Right (AR)	3:30	I Spy (AR)	3:30	Basketball (AR)	3:30	Disk Toss (AR)			10:35	Willow Activities		
		5:30	Beanbag Tic Tac Toe (AR)	5:30	Target Practice (AR)	5:30	Witch Racing (AR)	5:30	Bingo (AR)			1:00	Maple/Elm Activities		
												2:10	Oak Activities, Exercise, Cornhole, Name that Tune		