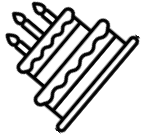


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 OCTOBER 2026 Sutherland Lifestyle Calendar				● 9:30 Cardio Drumming (ES) ● 10:00 Mah Jongg (CR3) ● 10:30 Fun Trivia! (BT) ● 10:30 Shuffleboard Tournament! (OP) ● 1:00 Dominoes (DL) ● 2:00 Book Club Meeting (CS) ● 2:00 Scrabble (DL) ● 4:00 Resident Rosary Prayer (ES) ● 6:00 Neb. vs. Penn State Volleyball Game (BT) 1	● 8:30 YMCA (Register) (B) ● 9:30 Chair Yoga (ES) ● 10:00 Ladies Coffee (HH) ● 10:30 Shuffleboard Championship! (OP) ● 11:00 Register Help Voting w/ Carol Ott (HH) ● 1:00 Bunco Dice Game (DL) ● 1:00 Pitch Card Game (CR3) ● 3:00 Jeopardy! (HH) ● 4:00 Resident Rosary Prayer (ES) ● 6:00 Movie: "Hocus Pocus" (BT) 2	● Neb. vs. Maryland Football Game (BT) ● 9:30 Seated Excercise (Hob) ● 10:30 Cribbage (Hob) ● 1:30 Pokeno (HH) ● 2:30 Dime Blackjack (HH) ● 2:30 Scrabble Board Game (DL) ● 3:00 Shuffleboard Open Play (OP) ● 3:30 Cornhole Game (OP) ● 6:00 Neb. vs. Maryland Volleyball Game (BT) 3
● 9:45 Worship: Catholic Communion Service (ES) ● 11:00 Hymn Sing-Along w/ Coffee & Rolls (HH) ● 1:00 Canasta Card Game (DL) ● 2:00 Sunday Gentle Exercise (ES) ● 3:00 Movie: "Old Yeller" (BT) 4	● 8:30 YMCA (Register) (B) ● 9:30 Strength & Balance (ES) ● 10:30 Bake N' Take: Nutter Butter Ghost Cookies (Hob) ● 11:30 Film Committee: Pick November Movies (SCon) ● 1:00 Pitch (Card Game) (CR3) ● 2:30 Happy Hour & Pokeno Game (HP3) ● 3:30 Mixology Class: Espresso Martinis (HP3) ● 4:00 Resident Rosary Prayer (ES) 5	● 9:30 Exercise Bands w/Chris (ES) ● 10:00 Mah Jongg (CR3) ● 10:00 Weekly Shopping: Hy-Vee (B) ● 1:00 Bible Study (CS) ● 1:00 Dime Blackjack Card Game (HH) ● 2:00 Line Dancing (ES) ● 3:00 Paint N' Sip (HP3) ● 4:00 Resident Rosary Prayer (ES) ● 5:00 (\$) Supper Club: El Vallarta (EV) 6	● 8:30 YMCA (Register) (B) ● 9:00 Men's Coffee Hour (CS) ● 9:30 Tai Chi (ES) ● 11:00 Rosary & Communion w/Norm (BT) ● 1:00 Bingo (BT) ● 2:30 Game Night (CS) ● 2:30 October Birthday Celebration! (HH) ● 3:00 Entertainer: Dan Reynolds (HH) 7	● 9:30 Cardio Drumming (ES) ● 10:00 Influenza & COVID-19 Vaccine (SCon) ● 10:00 Mah Jongg (CR3) ● 10:30 Balloon Volleyball (CD) ● 10:30 Fun Trivia! (BT) ● 1:00 Dominoes (DL) ● 2:00 Lifelong Learning (Mike Talk): The "Spookiest" Places on Earth (BT) ● 2:00 Scrabble (DL) ● 3:30 Non-Denominational Church Service (HH) ● 4:00 Resident Rosary Prayer (ES) ● 5:30 Neb. vs. Indiana Volleyball Game (BT) 8	● 8:30 YMCA (Register) (B) ● 9:30 Chair Yoga (ES) ● 10:00 Ladies Coffee (HH) ● 1:00 Bunco Dice Game (DL) ● 1:00 Pitch Card Game (CR3) ● 2:00 Pumpkin Carving! (CS) ● 4:00 Resident Rosary Prayer (ES) ● 6:00 Movie: "Clue" (BT) 9	● Neb. vs. Indiana Football Game (BT) ● Neb. vs. Wisconsin Volleyball Game (BT) ● 9:30 Seated Excercise (Hob) ● 10:30 Cribbage (Hob) ● 1:30 Pokeno (HH) ● 2:30 Dime Blackjack (HH) ● 2:30 Scrabble Board Game (DL) ● 3:00 Shuffleboard Open Play (OP) ● 3:30 Cornhole Game (OP) 10
 HAPPY BIRTHDAY! Carol B. - 4th Adelle C. - 8th Carol R. - 8th Tom G. - 13th Linda M. - 14th Beth T. - 16th Jerry C. - 18th Geri F. - 19th Glenn M. - 22nd Tom K. - 25th Miriam P. - 28th Janet J. - 29th 		LOCATION KEY HH = Highlands Hall FG = Fitness Gym ES = Exercise Studio BT = Bravo Theatre DL = Drummond's Lounge Hob = Hobby Shop AT = Atrium StAn = St. Andrew's Rm CS = Creation Station CR3 = Club Room CD = Cameron's Dining HP3 = Highview Pub SCon = Sutherland Conference Room OP = Outside Patio			ACTIVITY TYPES ● Emotional ● Environmental ● Intellectual ● Medical ● Outings ● Physical ● Social ● Spiritual ● Vocational	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
● 9:45 Worship: Catholic Communion Service (ES) ● 10:00 Alzheimer's Walk! (COSM) ● 1:00 Canasta Card Game (DL) ● 2:00 Sunday Gentle Exercise (ES) ● 3:00 Movie: "Ghostbusters" (BT) 11	● 8:30 YMCA (Register) (B) ● 9:30 Strength & Balance (ES) ● 10:30 Monday Mass (BT) ● 1:00 Pitch (Card Game) (CR3) ● 2:30 Happy Hour & Pokeno Game (HP3) ● 3:30 Mixology Class: Chocolate Martinis (HP3) ● 4:00 Resident Rosary Prayer (ES) ● 6:00 Movie: "Ali" (BT) 12	● 9:30 Exercise Bands w/Chris (ES) ● 10:00 Mah Jongg (CR3) ● 10:00 Weekly Shopping: Walmart/Hy-Vee (B) ● 1:00 Bible Study (CS) ● 1:00 Dime Blackjack Card Game (HH) ● 2:00 Line Dancing (ES) ● 3:00 The Cork & Wedge (HP3) ● 4:00 Resident Rosary Prayer (ES) ● 6:30 Dementia Support Group (HH) 13	● 8:30 YMCA (Register) (B) ● 9:00 (\$ Men's Outing: Billy's Cafe (CS) ● 9:30 Tai Chi (ES) ● 11:00 Rosary & Communion w/Norm (BT) ● 1:00 Bingo (BT) ● 2:00 Bible Study w/Pastor Jerry (SCon) ● 2:30 Game Night (CS) ● 5:00 (\$ Supper Club: Longhorn Steakhouse 14	● 9:30 Cardio Drumming (ES) ● 10:00 Mah Jongg (CR3) ● 10:30 Balloon Volleyball (CD) ● 10:30 Fun Trivia! (BT) ● 1:00 Dominoes (DL) ● 2:00 Baking Hour: Scotcharoos (Hob) ● 2:00 Scrabble (DL) ● 3:30 Non-Denominational Church Service (HH) ● 4:00 Resident Rosary Prayer (ES) ● 7:00 Neb. vs. Northwestern Volleyball Game (BT) 15	● 9:30 Chair Yoga (ES) ● 10:00 Ladies Coffee (HH) ● 1:00 Audiology Services w/ Active Hearing (SCon) ● 1:00 Bunco Dice Game (DL) ● 1:00 Pitch Card Game (CR3) ● 2:00 Outlet Shopping Trip: Nebraska Crossing Outlets (NCO) ● 4:00 Resident Rosary Prayer (ES) ● 6:00 Movie: "The Addams Family" (BT) 16	● Neb. vs. Oregon Football Game (BT) ● Neb. vs. Purdue Volleyball Game (BT) ● 9:30 Seated Excercise (Hob) ● 10:30 Cribbage (Hob) ● 1:30 Pokeno (HH) ● 2:30 Dime Blackjack (HH) ● 2:30 Scrabble Board Game (DL) ● 3:00 Shuffleboard Open Play (OP) ● 3:30 Cornhole Game (OP) 17
● 9:45 Worship: Catholic Communion Service (ES) ● 11:00 Hymn Sing-Along w/ Coffee & Rolls (HH) ● 1:00 Canasta Card Game (DL) ● 2:00 Sunday Gentle Exercise (ES) ● 3:00 Movie: "The Birds" (BT) 18	● 8:30 YMCA (Register) (B) ● 9:30 Strength & Balance (ES) ● 10:30 Paint A Vase! (CS) ● 1:00 Pitch (Card Game) (CR3) ● 2:00 Presentation: National Weather Service by Jennifer Clason (BT) ● 2:30 Happy Hour & Pokeno Game (HP3) ● 3:30 Bowling on the Big Screen (BT) ● 4:00 Resident Rosary Prayer (ES) 19	● 9:30 Exercise Bands w/Chris (ES) ● 10:00 Mah Jongg (CR3) ● 10:00 Weekly Shopping: Fareway (B) ● 11:00 Lunchbox Lecture: Nebraska History Museum, "The Welsh in NE" (NHM) ● 1:00 Bible Study (CS) ● 1:00 Dime Blackjack Card Game (HH) ● 2:00 Line Dancing (ES) ● 2:00 Resurrection Church Bible Study (CS) ● 4:00 Resident Rosary Prayer (ES) ● 5:00 (\$ Supper Club: El Bee's (EBW) 20	● 8:30 YMCA (Register) (B) ● 9:00 Men's Coffee Hour (CS) ● 9:30 Tai Chi (ES) ● 10:30 Lifelong Learning: Conservationist Joel Sartore (BT) ● 11:00 Rosary & Communion w/Norm (ES) ● 1:00 Bingo (BT) ● 2:30 Game Night (CS) ● 6:00 Movie: "Rocketman" (BT) 21	● 9:30 Cardio Drumming (ES) ● 10:00 Mah Jongg (CR3) ● 10:30 Balloon Volleyball (CD) ● 10:30 Fun Trivia! (BT) ● 1:00 Dominoes (DL) ● 2:00 Scrabble (DL) ● 3:30 Non-Denominational Church Service (HH) ● 4:00 Resident Rosary Prayer (ES) ● 6:00 Neb. vs. UCLA Volleyball Game (BT) 22	● 8:30 YMCA (Register) (B) ● 9:30 Chair Yoga (ES) ● 10:00 Ladies Coffee (HH) ● 10:30 LifeLoop Training & Technology Help! (BT) ● 1:00 Bunco Dice Game (DL) ● 1:00 Pitch Card Game (CR3) ● 4:00 Resident Rosary Prayer (ES) ● 6:00 Movie: "The Woman in Red" (BT) 23	● 9:30 Seated Excercise (Hob) ● 10:30 Cribbage (Hob) ● 1:30 Pokeno (HH) ● 2:30 Dime Blackjack (HH) ● 2:30 Scrabble Board Game (DL) ● 3:00 Shuffleboard Open Play (OP) ● 3:30 Cornhole Game (OP) ● 8:00 Neb. vs. USC Volleyball Game (BT) 24
● 9:45 Worship: Catholic Communion Service (ES) ● 11:00 Hymn Sing-Along w/ Coffee & Rolls (HH) ● 1:00 Canasta Card Game (DL) ● 2:00 Sunday Gentle Exercise (ES) ● 3:00 Movie: "Field of Dreams" (BT) 25	● 8:30 YMCA (Register) (B) ● 9:30 Strength & Balance (ES) ● 10:30 Monday Mass (BT) ● 1:00 Pitch (Card Game) (CR3) ● 2:30 Happy Hour & Pokeno Game (HP3) ● 3:30 Bowling on the Big Screen (BT) ● 4:00 Resident Rosary Prayer (ES) 26	● 9:30 Exercise Bands w/Chris (ES) ● 10:00 Mah Jongg (CR3) ● 1:00 Bible Study (CS) ● 1:00 Dime Blackjack Card Game (HH) ● 2:00 Line Dancing (ES) ● 3:00 Holiday Planning Meeting! (HH) ● 4:00 Resident Rosary Prayer (ES) 27	● 9:00 Men's Coffee Hour (CS) ● 9:30 Tai Chi (ES) ● 10:00 Sutherland's Community Meeting (HH) ● 10:30 Hillcrest Travel Club Planning Meeting (B) ● 11:00 Rosary & Communion w/Norm (BT) ● 1:00 Bingo (BT) ● 2:00 Bible Study w/Pastor Jerry (SCon) ● 2:30 Game Night (CS) ● 5:00 Speakeasy: Barnato Spooktacular Pop-up Bar (BA) 28	● 9:30 Cardio Drumming (ES) ● 10:00 Mah Jongg (CR3) ● 10:30 Balloon Volleyball (CD) ● 10:30 Fun Trivia! (BT) ● 1:00 Bake N' Take: Dipped Oreos (Hob) ● 1:00 Dominoes (DL) ● 2:00 Scrabble (DL) ● 3:30 Non-Denominational Church Service (HH) ● 4:00 Resident Rosary Prayer (ES) 29	● 9:30 Balloon Volleyball! (ES) ● 10:00 Ladies Coffee (HH) ● 10:30 Tricker Treater Visit! (AT) ● 1:00 Bunco Dice Game (DL) ● 1:00 Pitch Card Game (CR3) ● 2:00 🍂 Halloween Costume Party & "Spooky" Music w/ Lindsey & Mike (HH) ● 4:00 Resident Rosary Prayer (ES) ● 5:30 Neb. vs. Michigan Volleyball Game (BT) 30	● 9:30 Seated Excercise (Hob) ● 10:30 Cribbage (Hob) ● 12:00 Neb. vs. Washington Football Game (BT) ● 1:30 Pokeno (HH) ● 2:30 Dime Blackjack (HH) ● 2:30 Scrabble Board Game (DL) ● 3:00 Entertainer: Larry Marik (HH) ● 3:00 Shuffleboard Open Play (OP) ● 3:30 Neb. vs. Michigan State Volleyball Game (BT) 31