

<div> <div>October 2025</div> <div> <div>sage²</div> <div>LIVING</div> </div> </div>							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1 8:00 Walking with Leslie Workout! (YAS) 11:00 Mindfulness and Meditation (INS) 12:00 Sage Lunch with Savvy Seniors 2:00 Nickel Bingo 4:00 Canasta Group (H&F) (CAF)	2 8:00 Walking with Leslie Workout! (YAS) 9:30 After Breakfast Stretching (CAF) 1:00 Crafts & Conversations 4:00 Jam Session (CAF)	3 8:00 Walking with Leslie Workout! (YAS) 1:00 Learn to Play Dominoes, with Joaquin! 4:00 Canasta Group (H&F) (CAF) 7:00 Shuffleboard Club!	4 11:00 Sage Give And/Or Take 3:00 S2age Bible Study (INS)	
5 4:00 Canasta Group (H&F) (CAF) 7:00 Shuffleboard Club!	6 8:00 Walking with Leslie Workout! (YAS) 10:15 Monday Morning Workout with April (YAS) 11:00 Where Should We Begin? (INS) 2:00 Speaker: Barb Dewey, Braver Angels (INS) 5:30 Monday Meals 6:30 Pitch Club!	7 8:00 Walking with Leslie Workout! (YAS) 11:00 Jam Session (LOU) 12:30 Shuffleboard Club! 6:30 Resident Movie Night (LOU)	8 8:00 Walking with Leslie Workout! (YAS) 11:00 Mindfulness and Meditation (INS) 2:00 Nickel Bingo 3:30 Speaker: Bill Jury Topic: Medicare (INS) 4:00 Canasta Group (H&F) (CAF)	9 8:00 Walking with Leslie Workout! (YAS) 9:30 After Breakfast Stretching (CAF) 1:00 Crafts & Conversations 2:00 Men's Coffee & Conversation (INS) 4:00 Jam Session (CAF)	10 8:00 Walking with Leslie Workout! (YAS) 11:00 Super Saver Run! 1:00 Learn to Play Dominoes, with Joaquin! 4:00 Canasta Group (H&F) (CAF) 7:00 Shuffleboard Club!	11 3:00 S2age Bible Study (INS)	
12 4:00 Canasta Group (H&F) (CAF) 7:00 Shuffleboard Club!	13 8:00 Walking with Leslie Workout! (YAS) 10:15 Monday Morning Workout with April (YAS) 1:00 Speaker: Dreamweaver Foundation (INS) 2:00 Mindfit (INS) 5:30 Monday Meals 6:30 Pitch Club!	14 8:00 Walking with Leslie Workout! (YAS) 11:00 Jam Session (LOU) 12:30 Shuffleboard Club! 2:30 Sage Book Club (INS) 6:30 Resident Movie Night (LOU) 6:30 Cyber-Savvy Seniors	15 8:00 Walking with Leslie Workout! (YAS) 11:00 Mindfulness and Meditation (INS) 2:00 Nickel Bingo 4:00 Canasta Group (H&F) (CAF) 5:30 Sage Supper Club	16 8:00 Walking with Leslie Workout! (YAS) 9:30 After Breakfast Stretching (CAF) 11:00 Pumpkin Painting! 1:00 Crafts & Conversations 4:00 Jam Session (CAF) 5:30 Pumpkin Painting! (CAF) 7:00 Community Meeting	17 8:00 Walking with Leslie Workout! (YAS) 11:00 Sage Salon Reading 1:00 Learn to Play Dominoes, with Joaquin! 4:00 Canasta Group (H&F) (CAF) 5:30 Husker Football Pizza Party! (TVL) 7:00 Shuffleboard Club!	18 3:00 S2age Bible Study (INS)	

Bold activity = Sign up mandatory

YAS = Yoga/Activities Studio, INS = Innovation Studio, CAF = Cafe, LOU = Lounge, TVL = TV Lounge, LIB = Study/Library

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
19	20	21	22	23	24	25	
4:00 Canasta Group (H&F) (CAF) 7:00 Shuffleboard Club!	8:00 Walking with Leslie Workout! (YAS) 10:15 Monday Morning Workout with April (YAS) 3:00 Margarita Monday 5:30 Monday Meals 6:30 Pitch Club! 6:30 Bryan College Research Kickoff	8:00 Walking with Leslie Workout! (YAS) 11:00 Jam Session (LOU) 11:00 Cornhole Competition 12:30 Shuffleboard Club! 6:30 Resident Movie Night (LOU)	8:00 Walking with Leslie Workout! (YAS) 11:00 Mindfulness and Meditation (INS) 2:00 Nickel Bingo 4:00 Canasta Group (H&F) (CAF)	8:00 Walking with Leslie Workout! (YAS) 9:30 After Breakfast Stretching (CAF) 12:30 Roca Berry Farm Outing 1:00 Crafts & Conversations 4:00 Jam Session (CAF)	8:00 Walking with Leslie Workout! (YAS) 11:00 Snack and Learn with Amelia 11:00 Walmart Outing 1:00 Learn to Play Dominoes, with Joaquin! 4:00 Canasta Group (H&F) (CAF) 7:00 Shuffleboard Club!	3:00 S2age Bible Study (INS)	
26	27	28	29	30	31		
2:15 Supporting Trick or Treating at Sage on Sunday October 26th 4:00 Canasta Group (H&F) (CAF) 5:00 Community Potluck Dinner 7:00 Shuffleboard Club!	8:00 Walking with Leslie Workout! (YAS) 10:15 Monday Morning Workout with April (YAS) 5:30 Monday Meals 6:30 Pitch Club!	8:00 Walking with Leslie Workout! (YAS) 11:00 Jam Session (LOU) 12:30 Shuffleboard Club! 2:00 Tech Cafe (LIB) 6:30 Resident Movie Night (LOU)	8:00 Walking with Leslie Workout! (YAS) 10:30 Cyber-Savvy Seniors 11:00 Mindfulness and Meditation (INS) 2:00 Nickel Bingo 4:00 Canasta Group (H&F) (CAF)	8:00 Walking with Leslie Workout! (YAS) 9:30 After Breakfast Stretching (CAF) 1:00 Crafts & Conversations 4:00 Jam Session (CAF)	8:00 Walking with Leslie Workout! (YAS) 1:00 Learn to Play Dominoes, with Joaquin! 1:00 Halloween Hootenanny! 4:00 Canasta Group (H&F) (CAF) 7:00 Shuffleboard Club!		

Erin Glenn
Life Enrichment Coordinator
erin.glenn@tabitha.org
(402) 484-9808