

MON	TUE	WED	THU	FRI
<p>Birthdays</p> <p>Wilbur 10/5 Flor 10/26 Jingyi 10/29</p>	<p>Teleconference Call #</p> <p>701-802-5385</p> <p>Access # 322-1238</p>		<p>1</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>2</p> <p>11:00 Virtual Bingo</p> <p>Weekly Email sent to all Participants</p>
<p>5</p> <p>11:00 Morning Chat and Knitting Class w/ Michelle</p>	<p>6</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:10 Medicare Talk</p> <p>11:30 Virtual Chair Exercise w/ Karen</p>	<p>7</p> <p>Staff delivers EHDM</p> <p>Weekly Wellness Calls to all Participants</p>	<p>8</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>9</p> <p>11:00 Virtual Bingo</p> <p>Weekly Email sent to all Participants</p>
<p>12</p> <p>11:00 Morning Chat and Open Hand Nutrition Class w/ Michelle</p>	<p>13</p> <p>11:00 Covid Health Talk</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>14</p> <p>Staff delivers EHDM</p> <p>Weekly Wellness Calls to all Participants</p>	<p>15</p> <p>11:00 LETS LAUGH! The Benefits of Laughter Health Minute</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>16</p> <p>11:00 Virtual Bingo</p> <p>Weekly Email sent to all Participants</p>
<p>19</p> <p>11:00 Morning Chat and Inspirations / Trivia</p>	<p>20</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>21</p> <p>Staff delivers EHDM</p> <p>Weekly Wellness Calls to all Participants</p>	<p>22</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>23</p> <p>11:00 Virtual Bingo</p> <p>Weekly Email sent to all Participants</p>
<p>26</p> <p>11:00 Morning Chat and Favorite Memories of Fall Holidays and Traditions</p>	<p>27</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>28</p> <p>Staff delivers EHDM</p> <p>Weekly Wellness Calls to all Participants</p>	<p>29</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>30</p> <p>11:00 Virtual Bingo</p> <p>Weekly Email sent to all Participants</p>