October 2026

Shepherd of the Valley Poland – Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1:00 Lunch Out: Outback 1320 Boardman Poland Road Boardman, OH 44514	**2** 11:15 Cross Training Fitness Class (CH)	**3** Simchat Torah Begins
4 	**5** 9:00 Shopping at Giant Eagle 10:30 Chair Exercise (FL3) 1:00 Cross Training Fitness Class w Jen (CH)	**6** Board Meeting- NOON 11:15 Bible Study (FL 3) 2:00 Donnie Abraham (CH)	**7** 10:30 Chair Exercise (FL3) 2:00 Church Service (CH)	**8** 12:00-1:00 Wellness Checks 12:30 RA Meeting (MDR) 1:00 Birthday Party Lunch Puzzle Exchange Afterwards (see flyer for details)	**9** 11:15 Cross Training Fitness Class (CH)	**10**
11	**12** 9:00 Shopping at Marc's 10:30 Chair Exercise (FL3) 1:00 Cross Training Fitness Class w Jen (CH) Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	**13** 11:15 Bible Study (FL 3)	**14** 10:00-1:00 Mah Jong (MDR) 10:30 Chair Exercise (FL3) 2:00 Church Service (CH)	**15** 11:00 Manor Brunch Speaker: Mahoning County Prosecutors Office	**16** 11:15 Cross Training Fitness Class (CH) 1:00 Memory Walk Model Condo	**17**
18 	**19** 9:00 Shopping at Aldi's 10:30 Chair Exercise (FL3) 1:00 Cross Training Fitness Class w Jen (CH)	**20** 11:15 Bible Study (FL 3) 1:00 Ladies Meet-Up Meet at Panera on Market 2:00 K-9 Cruisers Dog Show (CH)	**21** 10:30 Chair Exercise (FL3) 2:00 Church Service (CH)	**22** 4:30 Manor Wine & Cheese Dinner	**23** 11:15 Cross Training Fitness Class (CH) 2:30 Ice Cream 3:00 Bingo	**24**
25	**26** 9:00 Shopping at Meijer's 10:30 Chair Exercise (FL3) 1:00 Cross Training Fitness Class w Jen (CH)	**27** 11:15 Bible Study (FL 3) 7:00 Crime Watch MDR	**28** 10:00-1:00 Mah Jong (MDR) 10:30 Chair Exercise (FL3) 2:00 Church Service (CH)	**29** 	**30** 11:15 Cross Training Fitness Class (CH) 2:00 Catholic Service & Communion	**31** 1:00 Potluck Halloween Party (see flyer for details) Halloween