



CHAMPLAIN VALLEY
SENIOR COMMUNITY
Assisted Living & Memory Care

October
2025

ASSISTED LIVING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:30 am Move & Groove 1 10:30 am Sing Along 1:30 pm Bingocize with Cornell University 3:30 pm Trivia & Coffee 6:00 pm Movie <i>HAPPY BIRTHDAY PRISCILLA International Coffee Day</i>	2 9:30 am Move & Groove 10:30 am Catholic Mass 1:30 pm Char Boggies 3:30 pm Sing with Doc 3:30 pm Nail & SPA 6:00 pm Movie	3 9:30 am Move & Groove 10:00 pm Restaurant Outing 1:30 pm Darts 3:30 pm Bingo 6:00 pm Movie <i>HAPPY BIRTHDAY TOM M.</i>	4 9:30 am Move & Groove 10:30 am Scenic Drive 1:30 pm Movie Night 3:30 pm Board Games 6:00 pm Movie
5 9:30 am Move & Groove 10:30 am Book Club 1:30 pm Christian Service 2:30 pm Dog Therapy 3:30 pm Bingo 6:00 pm Movie	6 9:30 am Move & Groove 10:30 am Book Club 1:30 pm River Walks 3:30 pm Bocce Ball 6:00 pm Movie	7 9:30 am Move & Groove 10:30 am TV Activity 1:30 pm The Castaways 3:30 pm Bingo 6:00 pm Movie	8 9:30 am Move & Groove 10:30 am Protestant Service 1:30 pm River Walks 3:30 pm Char Boggies 6:00 pm Movie	9 9:30 am Move & Groove 10:30 am Catholic Mass 1:30 pm Nail & SPA 3:30 pm Bingo 6:00 pm Movie <i>HAIR DAY</i>	10 9:30 am Move & Groove 10:00 am TV activity 1:30 pm Flower Arranging 3:30 pm Darts 6:00 pm Movie	11 9:30 am Move & Groove 10:30 am Scenic Drive 1:30 pm Movie Night 3:30 pm Bingo 6:00 pm Movie
12 9:30 am Move & Groove 10:30 pm Shopping Trip 2:00 pm Music with Tyler 2:00 pm Dog Therapy 6:00 pm Movie	13 9:30 am Move & Groove 10:30 am Book Club 1:30 pm Bingo 3:30 pm Bocce Ball 6:00 pm Movie <i>Columbus Day</i>	14 9:30 am Move & Groove 10:30 am TV Activity 1:30 pm Chair Boggies 3:30 pm Ice Cream Social 6:00 pm Movie <i>HAPPY BIRTHDAY JOAN H.</i>	15 9:30 am Move & Groove 10:30 am Resident Council Meeting 1:30 pm Bingocize with Cornell University 3:30 pm Sing Along 6:00 pm Movie <i>HAPPY BIRTHDAY MEETING DAY WALTER</i>	16 9:30 am Move & Groove 10:30 am Catholic Mass 1:30 pm Mini Golf 3:30 pm Sing with Doc 3:30 pm Nail & SPA 6:00 pm Movie	17 9:30 am Move & Groove 10:00 am TV activity 1:30 pm Mitch Willette 3:30 pm Bingo 6:00 pm Movie	18 9:30 am Move & Groove 10:30 am Scenic Drive 1:30 pm Board Games with 4H 3:30 pm Bocce Ball 6:00 pm Movie
19 9:30 am Move & Groove 10:30 am Book Club 1:30 pm Christian Service 2:30 pm Dog Therapy 3:30 pm Bingo 6:00 pm Movie	20 9:30 am Move & Groove 10:30 am Book Club 2:00 pm Dean Newhard 6:00 pm Movie	21 9:30 am Move & Groove 10:30 am TV Activity 1:30 pm Bingo 3:30 pm Ice Cream Social 6:00 pm Movie	22 9:30 am Move & Groove 10:30 am Protestant Service 1:30 pm Sing Along 3:30 pm Wine Down & Trivia 6:00 pm Movie	23 9:30 am Move & Groove 10:30 am Catholic Mass 1:30 pm Nail & SPA 3:30 pm Bingo 6:00 pm Movie <i>HAIR DAY</i>	24 9:30 am Move & Groove 10:00 am TV activity 1:30 pm Flower Arranging 3:30 pm Darts 6:00 pm Movie	25 9:30 am Move & Groove 10:30 am Scenic Drive 1:30 pm Movie Night 3:30 pm Bingo 6:00 pm Movie <i>World Pasta Day</i>
26 9:30 am Move & Groove 10:30 pm Book Club 1:30 pm Shopping Trip 2:30 pm Dog Therapy 3:30 pm River Walks 6:00 pm Movie	27 9:30 am Move & Groove 10:30 am Book Club 1:30 pm Don & Phyllis 3:30 pm Bingo 6:00 pm Movie	28 9:30 am Move & Groove 10:30 am TV Activity 1:30 pm Chair Boggie 3:30 pm Ice Cream Social 6:00 pm Movie	29 9:30 am Move & Groove 10:30 am Sing Along 1:30 pm Bingo 3:30 pm Director Show & Tell 6:00 pm Movie <i>HAPPY BIRTHDAY GAIL</i>	30 9:30 am Move & Groove 10:30 am Catholic Mass 1:30 pm Mini Golf 3:30 pm Nail & SPA 6:00 pm Movie <i>HAPPY BIRTHDAY SHIRLEY</i>	31 9:30 am Move & Groove 10:00 am TV activity 1:30 pm Halloween Party 3:30 pm Bingo 6:00 pm Movie <i>HAPPY HALLOWEEN</i>	

For activity support & information, contact 518-817-9108 ext. 415. (Activities subject to change.)

Breakfast: 8am-9am Lunch: 12pm-1pm Dinner: 5pm-6pm