October 2026

Happy Birthday
Butch 10/01
Lester 10/08
Mary. J 10/22
Pamela .P 10/28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:30 Chair Exercises 11:00 Outside Walk 1:00 Games 2:30 Bingo 3:30 20 Questions 5:00 Puzzles	2 10:00 Chair Exercises 10:30 Balloon Volleyball 11:00 Drawing Class 1:00 GH w/Luz in Library 3:00 WHO'S WHO GAME 4:00 New Game Friday	3 10:00 Games 11:30 Outside Walk 11:00 Puzzles 1:30 Crafts w/Susana 2:00 Stretching 6:00 Puzzles Simchat Torah Begins
4 10:30 Worship in Activity Room 11:00 Come Sing Hymns 1:00 Game Day 3:00 Games in Activity Room 4:00 20 Questions 5:30 Puzzles	5 10:00 Chair Exercises 10:30 Gardening to the park 1:00 Board Games 2:30 Crafts 3:00 Squishy Ball Baseball 6:00 Puzzles	6 9:00 Communion w/St. Maria Goretti 10:30 Kroger's 11:00 Puzzle in the Library 2:30 Afternoon Quiz 3:00 Pretty Hands 5:30 Puzzles	7 10:00 Chair Exercises 10:45 Ring Toss 1:00 Bible Study w/Virgil 2:00 Texas State Fair Party 2:30 Dance Party 5:00 Movies	8 1000 Chair Exercises 10:30 Balloon Volleyball 11:00 Coffee w/Friends 1:00 Games 3:00 BINGO 5:30 Movies	9 10:00 Chair Exercises 10:30 Squishy Ball 11:00 Drawing Class 1:00 GH w/Luz in Library 3:00 WHO'S WHO GAME 4:00 New Game Friday	10 10:00 Games 11:30 Outside Walk 11:00 Puzzles 1:30 Crafts w/Susana 2:00 Stretching 6:00 Puzzles
11 10:30 Worship in Activity Room 11:00 Come Sing Hymns 1:00 Game Day 3:00 Games in Activity Room 4:00 20 Questions 5:30 Puzzles	12 10:00 Chair Exercises 10:30 Gardening to the park 1:00 Board Games 2:30 Crafts 3:00 Squishy Ball Baseball 6:00 Puzzles	13 9:00 Communion w/St. Maria Goretti 10:30 Chair Exercises 11:00 Puzzle in the Library 2:30 Art Class 3:00 Pretty Hands 5:30 Puzzles	14 10:00 Chair Exercises 10:45 Ring Toss 1:00 Bible Study w/Virgil 2:00 Cards 2:30 Eastside Resident's Park Sit and Chat 5:00 Movies	15 10:00 Chair Exercises 10:30 Bowling 11:00 Outside Walk 1:30 Culinary Chat 2:00 Music w/ Ric 5:30 Cards	16 9:30 Breakfast Bunch 10:30 Cards 1:30 Afternoon Stretching 2:30 Art Class 3:30 WHO'S WHO GAME 4:00 New Game Friday	17 10:00 Games 11:00 Outside Walk 11:30Puzzles 1:30 Crafts w/Susana 2:30 Stretching 6:00Puzzles
18 10:30 Worship in Activity Room 11:00 Come Sing Hymns 1:00 Game Day 3:00 Games in Activity Room 4:00 20 Questions 5:30 Puzzles	19 10:00 Chair Exercises 10:30 Gardening to the park 11:00 Small Groups Games 2:30 Crafts 2:30 Art Class 5:30 Movies	20 9am Communion /St. Maria Goretti 10:30 Chair Exercises 11:00 Puzzle in the Library 2:30 Residents Council 3:00 Art Class 5pm Puzzles	21 10:00 Chair Exercises 10:30 Town Hall 1:00 Bible Study w/Virgil 2:30 Quiz Show 3:00 Shared History 5:30 Movies	22 10:00 Chair Exercises 10:30 Crafts 11:00 Games 1:00 Small Groups 3:00 BINGO 5:30 Evening with Music	23 10:00 Chair Exercises 10:30 Squishy Ball 11:00 Drawing Class 1:00 GH w/Luz in Library 3:00 WHO'S WHO GAME 4:00 New Game Friday	24 10am Games 11am Outside Walk 11am Puzzles 1:30 Crafts w/Susana 2pm Stretching 6pm Puzzles
25 10:30 Worship in Activity Room 11:00 Come Sing Hymns 1:00 Game Day 3:00 Games in Activity Room 4:00 20 Questions 5:30 Puzzles	26 10:00 Chair Exercises 10:30 Games with Staff 11:00 Gardening to the park 2:00 Bethesda Family Feud 2:30 Art Class 5:30 Movies	27 9:00 Communion w/St. Maria Goretti 10:00 Water and Hydration 10:30 Walmart 11:00 Puzzle in the Library 2:30 Pretty Hands 3:00 Balloon Volleyball 5:30 Puzzles	28 10:00 Chair Exercises 10:45 Ring Toss 1:00 Bible Study w/Virgil 2:00 Cards 2:30 Shared History 5:30 Movies	29 10:00 Chair Exercises 10:30 Crafts 11:00 Games 1:00 Small Groups 2:00 HAUNTED BINGO 5:30 Evening with Music	30 10:00 Chair Exercises 10:30 Crafts 11:00 Games 1:00 Small Groups 2:00 WHO'S WHO GAME 5:30 Evening with Music	31 10am Games 11am Outside Walk 11am Puzzles 1:30 Crafts w/Susana 2pm Stretching 6pm Puzzles Halloween

Bethesda Gardens • 1103 W. Arkansas Ln., Arlington, TX 76013 • 817-522-7012

PLEASE NOTE: TIMES & ACTIVITES ARE ALL SUBJECT TO CHANGE, All OUTING ARE SUBJECT TO WEATHER