



October 2026

peopleCare AR Goudie Frederick Community



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Locations Legend Frederick Community Dining Room (FCDR) Frederick Community Room-to-Room for 1:1 scoring (FCRR) Grand Hall (GH) Frederick Community Nurses Station (FCNS) Rockway Gardens Dining Room (RGDR) Frederick Community East Lounge (FCEL) Market Lane Dining Room (MLDR) Edna Place Dining Room (EPDR) Victoria Park Dining Room (VPDR) Chapel (CHAP) Outing (OUT) Frederick Community Room-to-room for 1:1 Scoring (RR) Courtyard (CYD) Eastway Walk Dining Room (EWDR) Travelling Cart (TC) Frederick Community Activity Room (FCAR) Chicopee Hills Dining Room (CHDR) Floor to Floor (F2F)		11:15 Calendar Handout (FCRR) 2:00 Knit and Crochet Group (VPDR) 2:00 Discussion Group: What Am I Thankful For? (FCDR) 6:00 Fireside Pages Book Club (GH)	11:00 Music Therapy Group with Chelsea (FCDR) 2:30 Oktoberfest with Sheryl Walsh (FCDR) 6:00 Short Stories (FCNS)	11:15 Hand Massages (FCRR) 2:00 Specialty Coffee Time (MLDR) 6:00 Trivia (FCNS)
11:15 One to Ones (FCRR) 2:30 Church Service (RGDR) 6:00 Travelogue: Greek Islands (FCDR)	11:00 Gratitude Journals (CHAP) 2:00 Word Game (FCDR) 6:00 Apple Cider Social & Outdoor Games (CYD)	10:00 Pump It Up! (FCEL) 10:00 Food Committee (EPDR) 11:15 Active Game (FCDR) 2:00 Pumpkin Spice Latte Social (FCDR) 2:15 Crafting Autumn Door Signs (FCDR)	10:00 One to Ones (FCRR) 11:15 Chair Exercises (FCDR) 2:00 BINGO (RGDR) 6:00 Music Throwback: The Beatles (FCNS)	11:15 Hand Massages (FCRR) 2:00 Music Bingo (FCDR) 3:30 Balloon Volleyball (FCNS) 6:00 Word Games (FCDR)	10:00 Manicures (FCRR) 11:00 Chair Exercises (FCDR) 2:00 Memorial Service (RGDR) 6:00 Fireside Pages Book Club (GH)	10:00 Thanksgiving Traditions (FCEL) 11:00 Active Game (EWDR) 2:00 Hocus Pocus Movie (MLDR)
10:00 Travelogue (FCDR) 11:00 Word Game: Thanksgiving (FCDR) 2:30 Church Service (RGDR)	11:00 Gratitude Journals (CHAP) 11:15 Manicure Monday (FCDR) 2:00 Pumpkin Pie Social (FCDR) 6:00 A Charlie Brown Thanksgiving (FCDR)	10:00 Pump It Up! (FCEL) 11:00 Indoor Walks 2:00 Baking Pumpkin Spice Muffins (FCDR)	8:00 Breakfast Club (GH) 10:15 Travelling RC Communion (TC) 2:00 BINGO (RGDR) 6:00 Finish the Phrase (FCDR)	10:00 Pump It Up! (FCEL) 10:30 Uptown Swing Band (GH) 2:00 Spirit and Song (FCDR) 2:30 Baking Junior Mints (VPDR) 6:00 Fireside Pages Book Club (GH)	9:30 Pumpkin Patch Outing (Sign up) (OUT) 11:00 Music Therapy Group with Chelsea (FCDR) 2:00 Active Game (FCDR)	11:15 Hand Massages (FCRR) 2:00 Community Movie (MLDR) 6:00 Trivia (FCNS)
11:15 One to Ones (FCRR) 2:30 Church Service (RGDR) 4:00 Travelogue: Ireland (FCDR)	11:15 Manicure Monday (FCDR) 2:00 Music Bingo (FCDR) 3:30 Ball Toss (FCNS) 6:00 Halloween Rhymes (FCNS)	9:30 Butterfly Conservatory Outing (Sign up) (OUT) 10:00 Pump It Up! (FCEL) 10:00 Resident Council (EPDR) 11:15 Name 3: Halloween Edition (FCDR) 2:00 Baking Banana Cream Pie (FCDR)	10:00 Chair Exercise (FCDR) 11:15 Halloween Riddles (FCDR) 2:00 BINGO (RGDR) 6:00 Music Throwback: ABBA (FCNS)	11:15 Hand Massages (FCRR) 2:30 October Birthday Party with RS Country (FCDR) 6:00 Word Game (FCDR)	10:00 Chair Exercises (FCDR) 11:30 Homemade Pizza Lunch (FCAR) 2:00 Guided Painting (CHDR) 6:00 Fireside Pages Book Club (GH)	10:00 Baking Mini Pies (MLDR) 2:00 Hocus Pocus Social (GH)
10:00 One to Ones (FCRR) 11:15 Active Game (FCDR) 2:30 Church Service (RGDR)	11:15 Manicure Monday (FCDR) 2:00 Baking Cinnamon Sugar Pumpkin Bread (FCDR) 3:30 Balloon Volleyball (FCNS) 6:00 It's the Great Pumpkin, Charlie Brown (FCDR)	10:00 Pump It Up! (FCEL) 11:00 One to Ones (FCRR) 2:00 Word Game (FCDR) 3:00 Spirit and Song (MLDR)	10:30 Catholic Mass (EPDR) 2:00 Pumpkin Carving Contest (GH) 6:00 Finish the Phrase (FCNS)	11:15 Tongue Twisters (FCDR) 2:00 Karaoke (GH) 6:00 Fireside Pages Book Club (GH)	11:00 Music Therapy Group with Chelsea (FCDR) 2:00 Travelling Cart (RR) 3:00 Halloween Jokes (RR) 6:00 Legend of "Stingy Jack" (FCNS)	10:30 Spooky Social! (GH) 2:30 ARG Community Trick or Treat Parade (F2F)