

Recreation Calendar for October 2026

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
										Flu Shot Clinic			
		AC – Artist Colony BF – Ball Field CC – Community Center CCL – Community Center Lobby CL – Computer Lab CR – Club Room CS – Ceramics Studio CT – Canteen		DH – Dining Hall DI – Defenders’ Inn GR – Game Room HOH – Hall of Honor L – Library LR – Living Room MR – Meditation Room MS – Memory Support		PR – Promenade RC – Rose Chapel RT– Recreation Therapy SHBY – Sheridan Back Yd. SC – Stanley Chapel TH – Theater SCL – Sheridan Computer Lab 2SL – 2 nd Floor Scott Lobby		0900 Catholic Mass 0900 Fuss Ball Game 1330 Rummikub Challenge 1830 Women’s Bible Study		1100 Qi Gong 1500 Christian Fellowship		1000 Veterans Yoga Project 1300 Bingo 1600 DI Social	
0900 Catholic Mass 0900 Protestant Services 1330 Rummikub Challenge		0900 Catholic Mass 1100 Qi Gong 1130 Popcorn		0900 Catholic Mass 0900 Trip Meeting 1100 Technology Hour 1300 Amvet Post 12 Info 1330 Rummikub Challenge 1500 Bible Study 1800 Saloon Night		0900 Catholic Mass 0930 RT YMCA Boot Camp 1100 Qi Gong 1300 Magic Show		0900 Catholic Mass 1000 PALS Visit 1330 Rummikub Challenge 1330 Cue Club Thursday 1830 Women’s Bible Study		1030 Voices of Vets 1100 Qi Gong 1330 Friday Hoop Shoot 1500 Christian Fellowship		1000 MOC Social 1300 Bingo 1600 DI Social	
		Federal Holiday		U.S. Navy Birthday									
0900 Catholic Mass 0900 Protestant Services 1330 Rummikub Challenge		0900 Catholic Mass 0900 Morning Mindfulness 1100 Qi Gong 1130 Popcorn **Staff offices will be closed in observance of the federal holiday**		0900 Catholic Mass 0900 Dining Committee Mtg. 1000 Custodial Meeting 1330 Rummikub Challenge 1500 Bible Study		0900 Catholic Mass 0930 RT YMCA Boot Camp 1100 Qi Gong 1400 U.S. Navy Celebration 1500 Chat w/the Chief		0900 Catholic Mass 1300 Fall Poetry Recital 1330 Rummikub Challenge 1400 American Legion Mtg. 1830 Women’s Bible Study		0800 Tea Tasting 1100 Qi Gong 1300 Korean Cooking 1500 Christian Fellowship		1300 Bingo 1600 DI Social	
0900 Catholic Mass 0900 Protestant Services 1330 Rummikub Challenge		0900 Catholic Mass 1100 Qi Gong 1130 Popcorn 1300 News Paper Race		0900 Catholic Mass 1130 Birthday Luncheon 1330 Rummikub Challenge 1330 Table Tennis 1500 Bible Study		0900 Catholic Mass 0930 RT YMCA Boot Camp 1100 Qi Gong 1600 Ladies Group 1830 Genealogy		0900 Catholic Mass 1330 Rummikub Challenge 1330 Cue Club Thursday 1830 Women’s Bible Study		1100 Qi Gong 1300 70s Music 1500 Christian Fellowship		1300 Bingo 1600 DI Social	
0900 Catholic Mass 0900 Protestant Services 1330 Rummikub Challenge		0900 Catholic Mass 0900 Morning Mindfulness 1100 Qi Gong 1130 Popcorn		0900 Catholic Mass 1330 Literary Hour 1330 Rummikub Challenge 1500 Bible Study		0900 Catholic Mass 0930 RT YMCA Boot Camp 1000 Resident Memorial 1100 Qi Gong		0900 Catholic Mass 0900 Town Hall 1300 H’ween Costume Party 1330 Rummikub Challenge 1830 Women’s Bible Study		1100 Qi Gong 1300 Friday Bingo 1500 Christian Fellowship		1300 Bingo 1600 DI Social	

Bus Trips for October 2026													
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
									1		2		3
	4		5		6	Sign up begins 09/30	7		8	Sign up begins 09/28	9		10
						Bolling Air Force Base DPT: 1000 RTN: 1300				U.S. Navy Band Concert DPT: 1800 RTN: 2200			
	11		12		13	Sign up begins 10/07	14		15		16		17
						Celtic House Irish Pub Restaurant DPT: 1100 RTN: 1330							
	18		19		20	Sign up begins 10/14	21	Sign up begins 10/7	22		23		24
						Ft. Belvoir DPT: 1000 RTN: 1330		Smithsonian National Zoo DPT: 0900 RTN: 1330					
	25	RT Trip	26		27	Sign up begins 10/21	28		29		30		31
		Walmart / Subway DPT: 1000 RTN: 1330				Arundel Mills BOA/Casino/Walmart DPT: 1000 RTN: 1400							