

ULOC 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 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 1030 MSU Bingo 1100 Qi Gong 1130 Popcorn		0900 Catholic Mass 0900 Trip Meeting 1100 Technology Hour 1330 Table Tennis Tues 1330 Rummikub Challenge 1500 Bible Study 1800 Saloon Night		0900 Catholic Mass 0930 RT YMCA Boot Camp 1030 RT News Brief 1100 RT You be the Judge 1100 Qi Gong 1300 Magic Show		0900 Catholic Mass 1045 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	
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 1030 RT Trivia! 1100 RT Smoothie Club 1100 Qi Gong 1400 U.S. Navy Birthday 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 1500 Christian Fellowship		1300 Bingo 1600 DI Social	
0900 Catholic Mass 0900 Protestant Services 1330 Rummikub Challenge		0900 Catholic Mass 0900 Morning Mindfulness 1030 LTC Bingo 1100 Qi Gong 1130 Popcorn		0900 Catholic Mass 1130 Birthday Luncheon 1330 Rummikub Challenge 1330 Table Tennis Tues 1500 Bible Study		0900 Catholic Mass 0930 RT YMCA Boot Camp 1030 RT News Brief 1100 RT Name That Tune! 1100 Qi Gong 1600 Ladies Group 1830 Genealogy		0900 Catholic Mass 1330 Rummikub Challenge 1330 Cue Club Thursday 1830 Women’s Bible Study		1030 Fall Trivia 1100 Qi Gong 1300 AL Movie & Popcorn 1330 Friday Hoop Shoot 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		0900 Catholic Mass 1230 Ice Cream Cart 1330 Literary Hour 1330 Rummikub Challenge 1500 Bible Study		0900 Catholic Mass 0930 RT YMCA Boot Camp 1000 Resident Memorial 1030 RT Trivia! 1100 RT Smoothie Club 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		9		10
						Bolling Air Force Base DPT: 1000 RTN: 1300							
	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	Zoo Trip	22		23		24
						Ft. Belvoir/Truist Bank DPT: 1000 RTN: 1330		Smithsonian National Zoo DPT: 0900 RTN: 1400					
	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							