# OCTOBER 2026

THE RESIDENCE at Salem Woods

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| WALK TO END ALZHEIMER'S<br>alzheimer's association | **Birthdays**<br>2nd - Pat L.<br>3rd - Darleen P.<br>4th - Ed P.<br>11th - Lore R.<br>31st - Rita S. | | | **01**<br>**9:30** 50's Sing Along<br>**10:00** Gentle Chair Yoga<br>**10:45** Outing: Ye's Table<br>**11:00** Mysteries of The World<br>**12:00** Boar's Head Deli Day<br>**1:15** Through the Ages<br>**2:15** Engage Exercise Class<br>**3:00** The Social Sip<br>**3:45** Brain Teasers<br>**6:00** Broadway Musical<br>**7:00** The Evening Pour | **02**<br>**9:45** Ladies Coffee Hour<br>**10:00** Daily Chronicles<br>**10:30** Resistance Bands<br>**11:00** Therapy Dog Visit-Livi<br>**1:00** Color Creations w/Crystal<br>**1:30** Movement for Vitality<br>**2:00** Cookbook Club<br>**2:15** Tai Chi for Balance<br>**3:00** Signature Sips Soiree<br>**3:45** Mind Spark Trivia<br>**6:15** Golden Oldies Hour<br>**7:00** Starlight Cafe | **03**<br>**Happy Birthday Darleen P.**<br>**9:45**Gentleman's Coffee Hour<br>**10:30** Tranquil Moves: Stretch<br>**11:00** Tabletop Games Corner<br>**11:15** Spa Session- Manicures<br>**1:00** Resin Jewelry Workshop<br>**1:30** Jeopardy Labs<br>**2:00** Cardio Drumming<br>**3:00** Cheers & Chats<br>**3:45** Neighborhood Bingo Tournament<br>**6:00** Feature Film<br>**7:00** Sip & Solve |
| **04**<br>**10:00** Church Services<br>**11:00** Beginner Seated Aerobics<br>**11:30** Table Top Games Corner<br>**1:15** Brain Games<br>**2:00** Pokeno<br>**2:15** Barre & Balance Class<br>**3:00** Sundae Social<br>**4:15** Who in the Room?<br>**6:00** Pamper & Shine Hand Spa<br>**7:00** Sunday Hymns Circle | **05**<br>**9:30** Motivational Mondays<br>**10:00** Morning Stretch & Breathe<br>**10:45** Outing: Hudson Sights<br>**11:00** Virtual Walking Tour<br>**1:30** Watercolor Expressive Art<br>**2:00** Catholic Mass<br>**2:15** Barre & Balance<br>**3:15** Gathering Glass Social<br>**4:00** Bird Watchers Group<br>**6:00** Guided Meditation<br>**7:00** Tea & Tunes | **06**<br>**9:30** Positive Affirmations<br>**10:00** Engage Exercise Class<br>**11:00** Art Expressions<br>**12:00** Pizza Bar Luncheon<br>**1:15** Salem Woods Baking Club<br>**2:00** Joyful Noise Songfest<br>**2:15** Tai Chi for Balance<br>**3:00** Tuesday Tea Gathering<br>**3:45** Variation Bingo<br>**6:00** Our Planet Series<br>**7:00** Serenity Hand Spa | **07**<br>**9:45** Courtyard Walkers<br>**10:00** The Daily Ledger<br>**10:30** Resistance Bands<br>**11:15** Learning Lounge<br>**1:15** Green Thumb Gardening<br>**1:45** Table Top Games Corner<br>**2:00** Cardio Drumming<br>**3:00** Corks & Curds Social<br>**3:45** Blank Slate<br>**6:00** Words with Rhythm<br>**7:00** Sunset Serenade | **08**<br>**9:30** 50's Sing Along<br>**10:00** Gentle Chair Yoga<br>**10:45** Outing: Hungry Traveler<br>**11:00** Mysteries of The World<br>**12:00** Boar's Head Deli Day<br>**1:15** Through the Ages<br>**1:30** Guest Speaker-Jay Shadler<br>**2:15** Engage Exercise Class<br>**3:00** The Social Sip<br>**3:45** Brain Teasers<br>**6:00** Broadway Musical<br>**7:00** The Evening Pour | **09**<br>**9:45** Ladies Coffee Hour<br>**10:00** Daily Chronicles<br>**10:30** Resistance Bands<br>**11:15** Resident Council<br>**11:30** Autumn Tea Luncheon<br>**1:00** Color Creations w/Crystal<br>**1:15** Guest Speaker, Robin S-Africa<br>**1:30** Movement for Vitality<br>**2:00** Cookbook Club<br>**2:15** Tai Chi for Balance<br>**3:00** Signature Sips Soiree<br>**3:45** Mind Spark Trivia<br>**6:15** Golden Oldies Hour<br>**7:00** Starlight Cafe | **10**<br>**9:45** Gentleman's Coffee Hour<br>**10:30** Mindful Movements<br>**11:00** Tabletop Games Corner<br>**11:15** Spa Session- Manicures<br>**1:00** Jewelry Design Workshop<br>**1:30** Jeopardy Labs<br>**2:00** Cardio Drumming<br>**3:00** Cheers & Chats<br>**3:45** Neighborhood Bingo Tournament<br>**6:00** Feature Film<br>**7:00** Sip & Solve |
| **11**<br>**Happy Birthday Lore R.**<br>**10:00**Church Services<br>**11:00** Beginner Seated Aerobics<br>**11:30** Table Top Games Corner<br>**1:15** Brain Games<br>**2:00** Pokeno<br>**2:15** Barre & Balance Class<br>**3:00** Sundae Social<br>**4:15** Who in the Room?<br>**6:00** Pamper & Shine Hand Spa<br>**7:00** Sunday Hymns Circle | **12**<br>**Columbus Day**<br>**9:30** Motivational Mondays<br>**10:00** Morning Stretch & Breathe<br>**10:45** Outing: Pelham Sights<br>**11:00** Virtual Walking Tour<br>**1:30** Watercolor Expressive Art<br>**2:15** Barre & Balance<br>**2:15** Catholic Mass<br>**3:15** Gathering Glass Social<br>**4:00** Bird Watchers Group<br>**6:00** Guided Meditation<br>**7:00** Tea & Tunes | **13**<br>**9:30** Positive Affirmations<br>**10:00** Engage Exercise Class<br>**10:45** Bayada-Breast Cancer Awareness<br>**11:00** Art Expressions<br>**12:00** Pizza Bar Luncheon<br>**1:15** Salem Woods Baking Club<br>**2:00** Joyful Noise Songfest<br>**2:15** Tai Chi for Balance<br>**3:00** Tuesday Tea Gathering<br>**3:45** Variation Bingo<br>**6:00** Our Planet Series<br>**7:00** Serenity Hand Spa | **14**<br>**9:45** Courtyard Walkers<br>**10:00** The Daily Ledger<br>**10:30** Body in Motion Exercise<br>**11:15** Learning Lounge<br>**1:15** Green Thumb Gardening<br>**1:45** Table Top Games Corner<br>**2:00** Cardio Drumming<br>**3:00** Corks & Curds Social<br>**3:45** Blank Slate<br>**6:00** Words with Rhythm<br>**7:00** Sunset Serenade | **15**<br>**9:30** 50's Sing Along<br>**10:00** Gentle Chair Yoga<br>**10:45** Outing: NH Foliage Trip<br>**11:00** Mysteries of The World<br>**12:00** Boar's Head Deli Day<br>**1:15** Through the Ages<br>**2:15** Engage Exercise Class<br>**3:00** The Social Sip<br>**3:00** Oktoberfest<br>**3:15** Chef Showcase Social<br>**3:45** Brain Teasers<br>**6:00** Broadway Musical<br>**7:00** The Evening Pour | **16**<br>**9:45** Ladies Coffee Hour<br>**10:00** Daily Chronicles<br>**10:30** Resistance Bands<br>**11:00** Therapy Dog Visit-Livi<br>**1:00** Color Creations w/Crystal<br>**1:30** Movement for Vitality<br>**2:00** Cookbook Club<br>**2:15** Tai Chi for Balance<br>**3:00** Signature Sips Soiree<br>**3:45** Mind Spark Trivia<br>**6:15** Golden Oldies Hour<br>**7:00** Starlight Cafe | **17**<br>**9:45** Gentleman's Coffee Hour<br>**10:30** Tranquil Moves: Stretch<br>**11:00** Tabletop Games Corner<br>**11:15** Spa Session- Manicures<br>**1:00** Resin Jewelry Workshop<br>**1:30** Jeopardy Labs<br>**2:00** Cardio Drumming<br>**3:00** Cheers & Chats<br>**3:45** Neighborhood Bingo Tournament<br>**6:00** Feature Film<br>**7:00** Sip & Solve |
| **18**<br>**10:00** Church Services<br>**11:00** Beginner Seated Aerobics<br>**11:15** Resident Council<br>**11:30** Table Top Games Corner<br>**1:15** Brain Games<br>**2:00** Pokeno<br>**2:15** Barre & Balance Class<br>**3:00** Sundae Social<br>**4:15** Who in the Room?<br>**6:00** Pamper & Shine Hand Spa<br>**7:00** Sunday Hymns Circle | **19**<br>**9:30** Motivational Mondays<br>**10:00** Morning Stretch & Breathe<br>**10:45** Outing:Hampstead Sights<br>**11:00** Virtual Walking Tour<br>**1:30** Watercolor Expressive Art<br>**2:15** Barre & Balance<br>**3:15** Gathering Glass Social<br>**4:00** Bird Watchers Group<br>**6:00** Guided Meditation<br>**7:00** Tea & Tunes | **20**<br>**9:30** Positive Affirmations<br>**10:00** Engage Exercise Class<br>**11:00** Art Expressions<br>**12:00** Pizza Bar Luncheon<br>**1:15** Salem Woods Baking Club<br>**2:00** Joyful Noise Songfest<br>**2:15** Tai Chi for Balance<br>**3:00** Tuesday Tea Gathering<br>**3:15** Guitarist/Vocals-Dave O.<br>**3:45** Variation Bingo<br>**6:00** Our Planet Series<br>**7:00** Serenity Hand Spa | **21**<br>**9:45** Courtyard Walkers<br>**10:00** The Daily Ledger<br>**10:30** Resistance Bands<br>**11:15** Learning Lounge<br>**1:15** SW Bake Sale for ALZ<br>**1:45** Table Top Games Corner<br>**2:00** Cardio Drumming<br>**3:00** Corks & Curds Social<br>**3:45** Blank Slate<br>**6:00** Words with Rhythm<br>**7:00** Sunset Serenade | **22**<br>**9:30** 50's Sing Along<br>**10:00** Gentle Chair Yoga<br>**10:45** Outing: Mizu<br>**11:00** Mysteries of The World<br>**12:00** Boar's Head Deli Day<br>**1:15** Through the Ages<br>**2:15** Engage Exercise Class<br>**3:00** The Social Sip<br>**3:45** Brain Teasers<br>**6:00** Broadway Musical<br>**7:00** The Evening Pour | **23**<br>**9:45** Ladies Coffee Hour<br>**10:00** Daily Chronicles<br>**10:30** Resistance Bands<br>**1:00** Color Creations w/Crystal<br>**1:30** Movement for Vitality<br>**2:00** Joyful Hymns-Mark Clark<br>**2:00** Cookbook Club<br>**2:15** Tai Chi for Balance<br>**2:15** Joyful Hymns-Mark Clark<br>**3:00** Signature Sips Soiree<br>**3:45** Mind Spark Trivia<br>**6:15** Golden Oldies Hour<br>**7:00** Starlight Cafe | **24**<br>**9:45** Gentleman's Coffee Hour<br>**10:30** Mindful Movements<br>**11:00** Tabletop Games Corner<br>**11:15** Spa Session- Manicures<br>**1:00** Jewelry Design Workshop<br>**1:30** Jeopardy Labs<br>**2:00** Cardio Drumming<br>**3:00** Cheers & Chats<br>**3:45** Neighborhood Bingo Tournament<br>**6:00** Feature Film<br>**7:00** Sip & Solve |
| **25**<br>**10:00** Church Services<br>**11:00** Beginner Seated Aerobics<br>**11:30** Table Top Games Corner<br>**1:15** Brain Games<br>**2:00** Pokeno<br>**2:00** Community Trick or Treat<br>**2:15** Barre & Balance Class<br>**3:00** Sundae Social<br>**4:15** Who in the Room?<br>**6:00** Pamper & Shine Hand Spa<br>**7:00** Sunday Hymns Circle | **26**<br>**9:30** Motivational Mondays<br>**10:00** Morning Stretch & Breathe<br>**10:45** Outing: Kingston Sights<br>**11:00** Virtual Walking Tour<br>**1:30** Watercolor Expressive Art<br>**2:15** Barre & Balance<br>**3:00** Vocalist-Mark Stanzler<br>**3:15** Gathering Glass Social<br>**4:00** Bird Watchers Group<br>**6:00** Guided Meditation<br>**7:00** Tea & Tunes | **27**<br>**9:30** Positive Affirmations<br>**10:00** Engage Exercise Class<br>**11:00** Pumpkin Decorating Showcase<br>**12:00** Pizza Bar Luncheon<br>**1:15** Salem Woods Baking Club<br>**2:00** Joyful Noise Songfest<br>**2:15** Tai Chi for Balance<br>**3:00** Tuesday Tea Gathering<br>**3:45** Variation Bingo<br>**6:00** Our Planet Series<br>**7:00** Serenity Hand Spa | **28**<br>**9:45** Courtyard Walkers<br>**10:00** The Daily Ledger<br>**10:30** Body in Motion Exercise<br>**11:15** Learning Lounge<br>**1:15** Green Thumb Gardening<br>**1:45** Table Top Games Corner<br>**2:00** Cardio Drumming<br>**3:00** Corks & Curds Social<br>**3:45** Blank Slate<br>**6:00** Words with Rhythm<br>**7:00** Sunset Serenade | **29**<br>**9:30** 50's Sing Along<br>**10:00** Gentle Chair Yoga<br>**10:45** Outing: Cracker Barrel<br>**11:00** Mysteries of The World<br>**12:00** Boar's Head Deli Day<br>**1:15** Through the Ages<br>**2:15** Engage Exercise Class<br>**3:00** The Social Sip<br>**3:45** Brain Teasers<br>**6:00** Broadway Musical<br>**7:00** The Evening Pour | **30**<br>**9:45** Ladies Coffee Hour<br>**10:00** Daily Chronicles<br>**10:30** Resistance Bands<br>**11:00** Therapy Dog Visit-Livi<br>**1:00** Color Creations w/Crystal<br>**1:30** Movement for Vitality<br>**2:00** Cookbook Club<br>**2:15** Tai Chi for Balance<br>**3:00** Halloween Gala<br>**3:00** Signature Sips Soiree<br>**3:00** Vocalist/DJ-Randy H.<br>**3:45** Mind Spark Trivia<br>**6:15** Golden Oldies Hour<br>**7:00** Starlight Cafe | **31**<br>**Halloween**<br>**9:45** Gentleman's Coffee Hour<br>**10:30** Tranquil Moves: Stretch<br>**11:00** Tabletop Games Corner<br>**11:15** Spa Session- Manicures<br>**1:00** Resin Jewelry Workshop<br>**1:30** Jeopardy Labs<br>**2:00** Cardio Drumming<br>**3:00** Cheers & Chats<br>**3:00** Patty C-Halloween Cabaret<br>**3:45** Neighborhood Bingo Tournament<br>**6:00** Feature Film<br>**7:00** Sip & Solve |

Our Engagement program is built upon both our residents' interests and our Five Principles for Vitality:
Continued Learning – Arts & Culture – Physical Fitness – Community Connections – Wellness & Self Care

AN LCB SENIOR LIVING COMMUNITY