

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 YOM KIPPUR 9:30 Gentle Yoga w/ Leigh 10:30 Merion Pool Time 12:00 NETFLIX / Grace and Frankie Season Two / Episode 1 1:00 CHC: Blood Pressure Screening 1:00 Fit & Functioning w/ Johnny 1:00 Canasta Club @ The Merion 2:00 Open Forum @ The Merion 5:00 Kol Nidre Services w/ Rabbi Barry Axler 7:00 Scrabble Group @ The Merion 7:30 Wednesday Night Movie: One Life	2 YOM KIPPUR 9:30 Simple Seated Fitness DVD 11:00 BeMoved Dance w/ Heidi 11:30 Merion Field Trip The Botanic Garden (Walking Trip) 1:00 Merion Bridge Club 2:00 Tasty Thursdays @ The Merion 4:30 Yom Kippur and Yizkor w/ Rabbi Barry Axler 7:30 Thursday Night Movie: Yentl	3 9:00 Interfaith Musings w/ J. Agne 10:00 Symbria: Balance Booster w/ Herman 11:30 Merion Short Story Discussion w/ Greg Singleton 12:30 NETFLIX / The Kominsky Method Season Three / Episodes 3 & 4 1:00 The Hand & Foot Card Game 2:00 Aqua Aerobics w/ Nichola 4:00 Happy Hour @ The Merion 7:30 Friday Night Movie: The Sixth Sense	4 10-12 Billiards @ The Merion 11:00 Bingo and Prizes w/ Friends 11:00 Jane Fonda Walkout Fitness DVD 12:30 NETFLIX / The Leopard Season One / Episode 5 1-3 Rummikub @ The Merion 1:00 Balance, Mobility & Wellness w/ Mike 5:00 Octoberfest Dinner @ The Merion 7:30 Saturday Night Movie: Practical Magic
5 9:00 Meditation & QiGong: Workout DVD 11:00 Early Morning Movie: The Wolf Man 1:30 Jane Fonda AM/PM Yoga Fitness DVD 2:30 Music Discovery w/ Dr. Dan Healy Presents: Horace Silver 3:30 Merion Matinee: Studs Logan 5:00 Shiva Rea: Meditation DVD 7:30 Northwestern University Crescendo for a Cause Concert 7:30 Sunday Night Movie: Frankenstein Meets the Wolf Man	6 SUKKOT 10-2 CIMPAP - Flu Shot & Covid Clinic 10:30 Redefining Strength w/ Nichola 12:00 Symbria Wellness: Aqua Flow 1:00 Current Events w/ Howard Voeks 1:00 Merion Bridge Club 1:30 Symbria Wellness: Stretch & Flex 2:30 Canvas Creations w/ Charlotta 4:00 Happy Hour @ The Merion 7:30 Monday Night Movie: The Birds	7 9:15 Integrated Movement for Mind & Body w/ Barbara 11:30 Symbria Wellness: Fitness Training 12:30 NETFLIX / French Lover 1:00 Mahjong @ The Merion 1:00 Symbria Wellness: Aqua ABC'S (Abs, Back & Core) 2:30 Symbria Wellness: Fitness Fusion 4:00 Happy Hour @ The Merion 7:30 Tuesday Night Movie: The Bone Collector	8 9:30 Gentle Yoga w/ Leigh 10:30 Merion Pool Time 11:00 Merion Roundtable Discussion w/ Doug Asbury 12:00 NETFLIX / Grace and Frankie Season Two / Episode 2 1:00 CHC: Blood Pressure Screening 1:00 Fit & Functioning w/ Johnny 1:00 Canasta Club @ The Merion 2:30 Custom Home Care: Healthy Aging Supporting Mental and Emotional Health 4:00 Happy Hour & Live Music w/ Jerry Tiberi Trio 7:00 Scrabble Group @ The Merion 7:30 Wednesday Night Movie: Martian Child	9 9:30 Simple Seated: Fitness DVD 11:00 BeMoved Dance w/ Heidi 12:30 NETFLIX / Black Rabbit 1:00 Merion Bridge Club 3:00 Cooking Demonstration w/ Chef Uwe 4:00 Happy Hour & Live Music w/ S. Aaron 7:30 Thursday Night Movie: Spiral	10 9:00 Interfaith Musings w/ J. Agne 10:00 Symbria: Balance Booster w/ Herman 12:30 NETFLIX / The Kominsky Method Season Three / Episodes 5 & 6 1:00 The Hand & Foot Card Game 2:30 Art Alive: Marc Chagall w/ D. Levie 4:00 Shabbat Services w/ S. Flax & Carol G. 4:00 Happy Hour @ The Merion 7:30 Friday Night Movie: The Shining	11 10-12 Billiards @ The Merion 11:00 Bingo and Prizes w/ Friends 11:00 Balance Booster Fitness DVD 12:30 NETFLIX / The Leopard Season One / Episode 6 1-3 Rummikub @ The Merion 2:00 Merion Field Trip: Northlight Theatre The First Lady of Television 2:30 Card Creations w/ Pam 7:30 Saturday Night Movie: The Rocky Horror Picture Show
12 9:00 Meditation & QiGong: Workout DVD 11:00 Early Morning Movie: Secret Agent 1:30 Simply Seated: Fitness DVD 2:00 Jewelry Making & Beading w/ Abigail 2:30 Merion Matinee: The Terror 5:00 Shiva Rea: Meditation DVD 7:30 Piano Duet Recital Rosabelle Shi & Alina Liu 7:30 Sunday Night Movie: House of Frankenstein	13 COLUMBUS DAY / INDIGENOUS PEOPLES DAY 10:30 Redefining Strength w/ Nichola 11:30 The Merion Presents w/ Doug A. Columbus Day & Indigenous Peoples Day 12:00 Symbria Wellness: Aqua Flow 1:00 Poetry Corner @ The Merion w/ Greg S. & Guests 1:00 Merion Bridge Club 1:30 Symbria Wellness: Stretch & Flex 4:00 Happy Hour @ The Merion 7:30 Monday Night Movie: Vertigo	14 9:15 Integrated Movement for Mind & Body w/ Barbara 11:30 Symbria Wellness: Fitness Training 1:00 Mahjong @ The Merion 1:00 Symbria Wellness: Aqua ABC'S (Abs, Back & Core) 2:30 Symbria Wellness: Fitness Fusion 3:00 History in Perspective w/ Eugene F. 4:00 Happy Hour & Live Music w/ A. Tatum 7:30 Tuesday Night Movie: The Hunt for Red October	15 9:30 Gentle Yoga w/ Leigh 10:30 Merion Pool Time 12:00 NETFLIX / Grace and Frankie Season Two / Episode 3 1:00 CHC: Blood Pressure Screening 1:00 Fit & Functioning w/ Johnny 1:00 Canasta Club @ The Merion 3:00 Open Forum @ The Merion 4:00 Happy Hour & Live Music w/ Jerry Tiberi Trio 7:00 Scrabble Group @ The Merion 7:30 Wednesday Night Movie: Nope	16 9:30 Balance, Mobility & Wellness w/ Mike 11:00 BeMoved Dance w/ Heidi 1:00 Merion Bridge Club 1:00 Merion Book Club Meet Up 2:00 Tasty Thursdays @ The Merion 3:00 Let's Talk: Interesting Conversation w/ Greg 4-6 Happy Hour @ The Merion 7:30 Thursday Night Movie: The Game	17 9:00 Interfaith Musings w/ J. Agne 10:00 Symbria: Balance Booster w/ Herman 11:30 Merion Short Story Discussion w/ L. Hamm 12:30 NETFLIX / The House of Guinness Season One / Episode 1 1:00 The Hand & Foot Card Game 1:30 ESO / Musical Insights: TCHAIKOVSKY & MOZART Adrian Munive, Clarinet 4:00 Happy Hour @ The Merion 7:30 Friday Night Movie: The Silence of the Lambs	18 10-12 Billiards @ The Merion 11:00 Bingo and Prizes w/ Friends 11:00 Simply Seated Fitness DVD 12:30 NETFLIX / AKA Charlie Sheen Season One / Part One 1-3 Rummikub @ The Merion 3:00 Merion Field Trip: The Black Ensemble Theatre "Blue Heaven; Celebration of the Blues" 7:30 Saturday Night Movie: Misery
19 9:00 Meditation & QiGong: Workout DVD 11:00 Early Morning Movie: She-Wolf of London 1:30 Balance Booster: Fitness DVD 2:30 Music Discovery w/ Dan Healy Presents: Billie Holiday 2:30 Merion Matinee: The Wild Ride 5:00 Shiva Rea: Meditation DVD 7:00 The Music Institute of Chicago Ensemble 7:30 Sunday Night Movie: Werewolf in London	20 10:30 Redefining Strength w/ Nichola 12:00 Jane Fonda AM/PM Yoga Fitness DVD 1:00 Current Events w/ Howard Voeks 1:00 Merion Bridge Club 2:30 Canvas Creations w/ Charlotta 4:00 Happy Hour & Live Music w/ Chicago Jazz Dads 7:30 Monday Night Movie: Psycho	21 9:15 Integrated Movement for Mind & Body w/ Barbara 11:30 Symbria Wellness: Fitness Training 12:00 Merion Field Trip - Firehouse Grill Restaurant 1:00 Mahjong @ The Merion 1:00 Symbria Wellness: Aqua ABC'S (Abs, Back & Core) 2:30 Symbria Wellness: Fitness Fusion 3:00 History in Perspective w/ Eugene F. 4:00 Happy Hour @ The Merion 7:30 Tuesday Night Movie: The River Niger	22 9:30 Gentle Yoga w/ Leigh 10:30 Merion Pool Time 11:00 Merion Roundtable Discussion w/ Doug Asbury 12:00 NETFLIX / Grace and Frankie Season Two / Episode 4 1:00 CHC: Blood Pressure Screening 1:00 Fit & Functioning w/ Johnny 1:00 Canasta Club @ The Merion 4:00 Happy Hour & Live Music w/ Abigail R. Healy 7:00 Scrabble Group @ The Merion 7:30 Wednesday Night Movie: Black Adam	23 9:00 Merion Men's Club Breakfast 12:30 PRIME / Diana Ross; Supreme Sensation 1:00 Merion Bridge Club 1:00 Mindful Movement & Breathe w/ Barbara 2:00 Tasty Thursdays @ The Merion 4:00 Happy Hour @ The Merion 7:30 Thursday Night Movie: The Witches of Eastwick	24 9:00 Interfaith Musings w/ J. Agne 10:00 Symbria: Balance Booster w/ Herman 12:30 NETFLIX/ The House of Guinness Season One / Episode 2 1:00 The Hand & Foot Card Game 2:30 Art Alive: Francisco Goya w/ D. Levie 4:00 Shabbat Services w/ Carol G. & S. Flax 4:00 Happy Hour @ The Merion 7:30 Friday Night Movie: Interview with a Vampire	25 10-12 Billiards @ The Merion 11:00 Bingo and Prizes w/ Friends 11:00 Stronger Senior Fitness DVD 12:30 NETFLIX / AKA Charlie Sheen Season One / Part Deux 1-3 Rummikub @ The Merion 2:30 Music Appreciation Lecture w/ Kurt 7:30 Saturday Night Movie: Twilight
26 9:00 Meditation & QiGong: Workout DVD 11:00 Early Morning Movie: The Lady Vanishes 1:30 Jane Fonda Walkout: Fitness DVD 2:00 Jewelry Making & Beading w/ Abigail 2:30 Merion Matinee: Little Shop of Horrors 5:00 Shiva Rea: Meditation DVD 7:00 The Music Institute of Chicago Ensemble 7:30 Sunday Night Movie: Abbott and Costello Meet Frankenstein	27 10:30 Simply Seated Fitness DVD 12:00 Symbria Wellness: Aqua Flow 1:00 Poetry Corner @ The Merion w/ Greg S. & Guests 1:00 Merion Bridge Club 1:30 Symbria Wellness: Stretch & Flex 2:30 Symbria Wellness Presents w/ Herman National Senior Health and Fitness Day 4:00 Happy Hour @ The Merion 7:30 Monday Night Movie: Rear Window	28 9:15 Integrated Movement for Mind & Body w/ Barbara 11:30 Symbria Wellness: Fitness Training 12:30 PRIME / A Working Man 1:00 Mahjong @ The Merion 1:00 Symbria Wellness: Aqua ABC's (Abs, Back & Core) 2:30 Symbria Wellness: Fitness Fusion 3:00 The Midterms w/ Al. Erlebacher What Do They Mean? A Historical Perspective 4:00 Happy Hour @ The Merion 7:30 Tuesday Night Movie: Secret Window	29 9:30 Gentle Yoga w/ Leigh 10:30 Merion Pool Time 12:30 NETFLIX / Grace and Frankie Season Two / Episode 5 1:00 CHC: Blood Pressure Screening 1:00 Fit & Functioning w/ Johnny 1:00 Canasta Club @ The Merio 3:00 Open Forum @ The Merion 4:00 October Resident Birthday Celebration 4:00 Happy Hour & Live Music w/ Jerry Tiberi Trio 7:00 Scrabble Group @ The Merion 7:30 Wednesday Night Movie: Dr. Strangelove	30 11:00 BeMoved Dance w/ Heidi 12:30 PRIME / Tyler Perry's BOO! 1:00 Merion Bridge Club 1:00 Mindful Movement & Breathe w/ Barbara 3:00 Let's Talk: Interesting Conversation w/ Greg 4:00 Happy Hour & Live Music w/ S. Aaron 7:30 Thursday Night Movie: The Pirates of the Caribbean	31 HALLOWEEN 9:00 Interfaith Musings w/ J. Agne 10:00 Symbria: Balance Booster w/ Herman 12:30 It's The Great Pumpkin Charlie Brown DVD 1:00 The Hand & Foot Card Game 3:00 Resident Spooktacular Costume Contest & Parade 3:30 Halloween Happy Hour w/ A. Tatum 4:00 Merion Staff Monster Mash Parade 4:15 Resident Spooktacular & Staff Pumpkin Results 5:00 Hauntingly Halloween Dinner @ The Merion 7:30 Friday Night Movie: Halloween (1978)	Arts & Culture Health & Fitness Life Long Learning Music Social Activities Spiritual Wellness