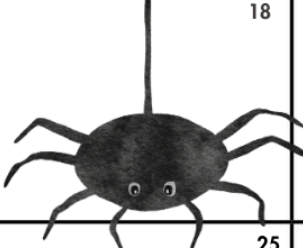


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 ▶ 11am Chair Exercises (DH) ▶ 2pm Fall Fire Safety-Seminar - (DH)	2 ▶ 8:30am BUS to PriceChopper (EA) ▶ 1pm -Fall Paint -Canavas art (DH)	3 
4 	5 ▶ 9:30am BUS to Hannaford (EA) ▶ 2:45pm - 3:45pm Veggie Mobile ▶ 6pm Bible Study (DH)	6 ▶ 11am Music Jazz And Things Listening Group (4CR) ▶ 3pm- Adult Coloring (4CR)	7 ▶ 12:30-2:30 Hairdresser *sign up required* ▶ 5:45 Fellowship Meeting (4CR)	8 ▶ 10am Calming Hour Relaxation (4CR) ▶ 3pm Board and Card Games Meet Up (4CR)	9 ▶ 8:30am BUS to PriceChopper (EA) ▶ 10am- Apple Cider- and Donouts (DH) ▶ 1pm Bingo (DH)	10 
11 	12 ▶ 9:30am BUS to Hannaford (EA) ▶ 10:00am-2:00pm-Shifa -Flu Clinic -Vaccines ▶ 2:45pm - 3:45pm Veggie Mobile ▶ 6pm Bible Study (DH)	13 ▶ 10am Morning Brain Puzzles (DH) ▶ 1pm Crafters Meet Up (4CR)	14 ▶ 12:30-2:30 Hairdresser *sign up required* ▶ 5:45 Fellowship Meeting (4CR)	15 ▶ 11am DISCO Chair Exercises (DH) ▶ 1pm Birthday Party & Bingo (DH)	16 ▶ 8:30am BUS to PriceChopper (EA) ▶ 1pm Northeast Regional Food Bank (DH)	
18 	19 ▶ 9:30am BUS to Hannaford (EA) ▶ 2:45pm - 3:45pm Veggie Mobile ▶ 6pm Bible Study (DH)	20 ▶ 11am Writer's Group (4CR) ▶ 3pm- Adult Coloring (4CR) ▶ 6-8pm - Halloween social and Mixer (DH)	21 ▶ 12:30-2:30 Hairdresser *sign up required* ▶ 2pm Get Up and Walk! (EA) ▶ 5:45 Christian Fellowship Meeting (4CR)	22 ▶ 10am Calming Hour Relaxation (4CR) ▶ 3pm Board and Card Games Meet Up (4CR)	23 ▶ 8:30am BUS to PriceChopper (EA) ▶ 1pm Bingo (DH)	
25 	26 ▶ 9:30am BUS to Hannaford (EA) ▶ 2:45pm - 3:45pm Veggie Mobile ▶ 6pm Bible Study (DH)	27 ▶ 10am Morning Brain Puzzles (DH) ▶ 1pm Crafters Meet Up (4CR)	28 ▶ 12:30-2:30 Hairdresser *sign up required* ▶ 5:45 Christian Fellowship Meeting (4CR)	29 ▶ 11:00am Trivia Challenge (4CR) ▶ 1pm Caramel apple making (4CR)	30 	31 

October Birthdays

Elaine Hendricks -10/1
Patricia Spencer-10/12
Happy Birthday!

Have a October Birthday?

Join us for the birthday
party October
at 1pm in Dayhaven!

Celebration is welcome to
all.

Sponsored by
Eddy SeniorCare



Things to Remember

Don't forget to sign up for events at the
front desk to earn your Schaffer Bucks!
Sign up is required for all labeled
events.

Fire Safety Month-

We will having a visit from our local fire
department to help keep you safe.

Flu Clinic - Shifa Pharamacy Will be
hosting a Flu Clinic Monday October
12th 2026.

Rent is due by the 5th. Any rents
received after the 15th will be subject to
a \$50 late charge.

SCHAFFER HEIGHTS

OCTOBER 2026



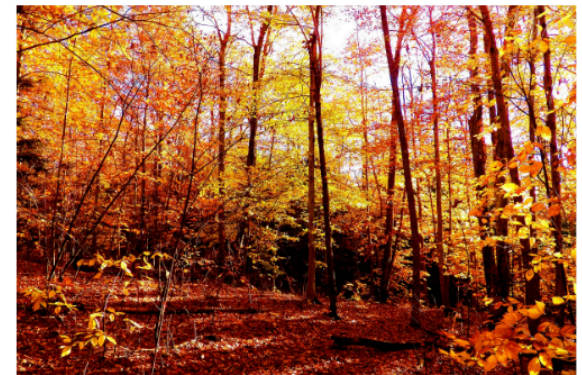
107 Nott Terrace
Schenectady NY 12308
518.382.1956
SchafferHeights.com

Property Manager:
Megan Lockwood

Assistant Property
Manager:
Mwelwa Bwalya

Maintenance Supervisor:
Al Lowery

Maintenance Technician:
Bernard Specht



Highlights for the Month Stay Active October Challenge!

As the days get shorter, it is important to keep your body and your mind active.

Your Please Join us for some fun activities
Fall Canvas Paintings

Caramel Apple Decorating

Halloween Party

