

RESIDENTIAL LIVING LIFE ENRICHMENT CALENDAR

OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Life Enrichment: Eileen Burks 215-368-4438, Extension 44121 Hearthside Bistro: 215-565-2407, Extension 52407 Christopher’s: 215-565-2407, Extension 52407 (reservations) Pastoral Care: 215-368-4438, Extension 44227 or 44171 Wellness Nurse Maria Popp 215-368-4438, Extension 44158 Fitness & Aquatics: Tina Cook 215-368-4438, Extension 44153 Fitness and Aquatics Hotline, Info and Cancellations: Extension 50236 or dial 215-565-0236 Transportation items: 215-723-9881, Extension 42237			1 8:45 RL Wellness Clinic (WC) 9:00 Bookmobile/Van (FA Entrance) 9:00 Giant Market (Trip) 🛒 10:00 DEVOTIONAL (CH2) 10:00 Water Volleyball (P) 10:30 Head to Toe Stretch (RR) 2:00 Healthy Living for Brain and Body (CH) 🚌 3:00 Caregiver Support Group (CR B) 7:00 Biblical Language Bible Study (CR C)	2 7:30 Lab Services (By Appt) 8:45 RL Wellness Clinic (WC) 9:00 Dutch Apple Dinner Theatre (Trip) 10:00 Aqua Fit (P) 1:00 Chair Yoga (DMCR)	3 8:45 RL Wellness Clinic (WC) 10:00 DW Choir Rehearsal (CH) 10:00 Water Volleyball (P) 2:00 Bingo (DM Game Room)	4 10:00 Rosary (CH) 3:00 Music w/ Jim Smith (CH2)	
	5 10:30 Sunday Service (CH) 7:00 Music w/ Jim Smith (CH2)	6 8:45 RL Wellness Clinic (WC) 9:00 Lab Services (By Appt) 9:00 UNIVEST BANK (near DG Library) 9:30 Book Club (DMCR) 10:00 Water Volleyball (P) 11:00 Ladies Bible Study (DMCR) 1:30 Needles and Hooks (CC Lobby outside the Bistro) 2:00 Police Appreciation Baking (RR) 7:00 Monday Night Bible Study (CH)	7 7:30 Lab Services (By Appt) 7:30 Police Appreciation Drive Thru (FA Entrance) 8:45 RL Wellness Clinic (WC) 9:30 Art Class (RR) 10:00 Aqua Balance (P) 1:00 Tai Chi - \$ (RR) 1:00 Tabata Strong (DMCR) 1:00 EVERENCE (Univest Bank Office on-site) 1:30 Hennings Market (Trip) 🛒 6:30 Rummikub (CC Lobby)	8 8:45 RL Wellness Clinic (WC) 10:00 DEVOTIONAL (CH2) 10:00 Water Volleyball (P) 10:30 Head to Toe Stretch (RR) 2:00 RL October Birthday Celebration (FA) 🚌 7:00 Biblical Language Bible Study (CR C)	9 7:30 Lab Services (By Appt) 8:45 RL Wellness Clinic (WC) 10:00 Aqua Fit (P) 10:00 DW Choir Rehearsal (CH) 1:00 Chair Yoga (DMCR) 3:00 Prayer Together (CH)	10 8:00 Men's Breakfast (FA) 8:45 RL Wellness Clinic (WC) 9:00 Hilltown Walmart (Trip) 🛒 9:00 UNIVEST BANK (near DG Library) 10:00 Water Volleyball (P) 10:30 Stronger Together (RR) 1:00 Balance Beginnings (DMCR) 1:30 RL Wellness Clinic (WC) 2:00 Music w/ Seth (Bistro lobby) 2:00 Music w/ Seth (Bistro Lobby) 2:00 Seated Chair Volleyball (FA) 2:00 Resident Portal Training-Work Orders (CH)	11 3:00 Music w/ Jim Smith (CH2)
	12 10:30 Sunday Service (CH) 7:00 Music w/ Jim Smith (CH2)	13 Columbus Day Bank Closed 8:45 RL Wellness Clinic (WC) 9:00 Lab Services (By Appt) 10:00 Faith Walk (OC2) 10:00 Water Volleyball (P) 10:30 Balance Matters (RR) 1:30 Music & Mindfulness w/ Afzal Iqbal (RR) 1:30 Needles and Hooks (CC Lobby outside the Bistro) 2:00 Cornhole (FA) 7:00 Monday Night Bible Study (CH)	14 7:30 Lab Services (By Appt) 8:45 RL Wellness Clinic (WC) 9:30 Art Class (RR) 10:00 Aqua Balance (P) 10:00 Music and Drumming for Fitness (OC3) 1:00 Tai Chi - \$ (RR) 1:00 Tabata Strong (DMCR) 1:00 EVERENCE (Univest Bank Office on-site) 2:00 ANNUAL COMMUNITY MEETING (CH) 🚌 6:30 Rummikub (CC Lobby)	15 8:45 RL Wellness Clinic (WC) 9:00 Bookmobile/Van (FA Entrance) 9:00 Landis Market (Trip) 🛒 10:00 DEVOTIONAL (CH2) 10:00 Water Volleyball (P) 10:30 Head to Toe Stretch (RR) 12:00 Oktoberfest (FA/B) 🚌 3:00 Caregiver Support Group (CR B) 7:00 Biblical Language Bible Study (CR C)	16 7:30 Lab Services (By Appt) 8:45 RL Wellness Clinic (WC) 9:30 Rep Liz Hanbidge Aide (Bistro Lobby) 10:00 Aqua Fit (P) 11:30 Dock Stewards Demo (Bistro Lobby) 1.5 hrs 1:00 Chair Yoga (DMCR)	17 8:45 RL Wellness Clinic (WC) 10:00 Water Volleyball (P) 10:00 DW Choir Rehearsal (CH) 10:30 Stronger Together (RR) 11:30 Dock Stewards Demo (DMCR) 1.5 hrs 1:00 Balance Beginnings (DMCR) 2:00 Bingo (DM Game Room) 2:00 Medicare Seminar (CH) 🚌	18 3:00 Music w/ Jim Smith (CH2)

19 10:30 Sunday Service (CH) 2:30 Amici Opera Co <i>Verdis’II Corsaro</i>(CH) 7:00 Music w/ Jim Smith (CH2)	20 8:45 RL Wellness Clinic (WC) 9:00 Lab Services (By Appt) 9:00 UNIVEST BANK (near DG Library) 10:00 Water Volleyball (P) 11:00 Ladies Bible Study (DMCR) 1:30 Needles and Hooks (CC Lobby outside the Bistro) 2:00 Jefferson Health Outreach Program (CH) 🚌 7:00 Monday Night Bible Study (CH)	21 7:30 Lab Services (By Appt) 8:45 RL Wellness Clinic (WC) 10:00 Aqua Balance (P) 1:00 EVERENCE (Univest Bank Office on-site) 1:30 ShopRite Market (Trip) 🛒 6:30 Rummikub (CC Lobby)	22 8:45 RL Wellness Clinic (WC) 10:00 DEVOTIONAL (CH2) 10:00 Water Volleyball (P) 10:30 Catholic Mass (CH) 5:00 Friends of Dock Woods Dinner (FA/B) 7:00 Biblical Language Bible Study (CR C)	23 7:30 Lab Services (By Appt) 8:45 RL Wellness Clinic (WC) 10:00 Aqua Fit (P) 3:00 Prayer Together (CH) 4:30 RL Dine Around Bella Fiona (Trip)	24 8:45 RL Wellness Clinic (WC) 10:00 DW Choir Rehearsal (CH) 10:00 Water Volleyball (P) 1:30 RL Wellness Clinic (WC) 2:00 Bingo (DM Game Room) 2:00 Doug Brown Piano Concert (CH) 🚌	25 3:00 Music w/ Jim Smith (CH2)
26 10:30 Sunday Service (CH) 7:00 Music w/ Jim Smith (CH2)	27 8:45 RL Wellness Clinic (WC) 9:00 Lab Services (By Appt) 9:00 UNIVEST BANK (near DG Library) 10:00 Faith Walk (OC2) 10:00 Water Volleyball (P) 10:00 Wegman's (Trip) 🛒 10:30 Balance Matters (RR) 1:30 Needles and Hooks (CC Lobby outside the Bistro) 2:00 “Fall-fest” Chair Bingo (RR) 7:00 Monday Night Bible Study (CH)	28 7:30 Lab Services (By Appt) 8:45 RL Wellness Clinic (WC) 9:30 Art Class (RR) 10:00 Aqua Balance (P) 10:00 Music and Drumming for Fitness (OC3) 1:00 Tai Chi - \$ (RR) 1:00 Tabata Strong (DMCR) 1:00 EVERENCE (Univest Bank Office on-site) 1:15 I.V. Library Movie 🎬+ (Trip) 4:30 Wine in the Woods (Christopher’s) 6:30 Rummikub (CC Lobby)	29 8:45 RL Wellness Clinic (WC) 9:00 Aldi's Market/Dollar Tree (Trip) 🛒 10:00 DEVOTIONAL (CH2) 10:00 Water Volleyball (P) 10:30 Head to Toe Stretch (RR) 7:00 Biblical Language Bible Study (CR C)	30 7:30 Lab Services (By Appt) 8:45 RL Wellness Clinic (WC) 10:00 Aqua Fit (P) 1:00 Chair Yoga (DMCR) 2:00 Friendship and Fun Hour (RR) 🚌	31 8:45 RL Wellness Clinic (WC) 10:00 DW Choir Rehearsal (CH) 10:00 Water Volleyball (P) 10:30 Stronger Together (RR) 1:00 Balance Beginnings(DMCR) 2:00 Bingo (DM Game Room) 2:00 Costume Party (FA) 🚌	

Location Key: (By Appt/WC) = By Appointment/Wellness Center, (B) = Bistro, (CCLobby) = Fireplace/Bistro overflow area, (CDR) = Community Dining Room, (CH) = Derstine Chapel, (CR) = Conference Rooms A, B, C, (DMCR) = Dock Manor Community Room, (RR) = Dock Gardens Recreation Room, (DGGR) = Dock Gardens Game Room, (EC) = Education Center, (FA) = Fisher Auditorium, (FC) = Fitness Center, (HH) = Harmony House, (LB) = Library, (OC1)= Oakwood Court 1st Floor Great Room, (OC2) = Oakwood Court 2nd Floor Great Room, (OC3) = Oakwood Court 3rd Floor Great Room, (OCB) = Oakwood Court Basement, (OCDR) = Oakwood Court Dining Room, (P) = (P), (CH2) = Broadcasting on Channel 2 (in-house cable), (WC) = Wellness Center. 🚌 The bus icon indicates there will be shuttle service for an event. Shuttle service for on-campus events begins 40 minutes before the event and includes two rounds at each entity. 🛒 Indicates shopping trips. \$ Indicates additional fee. Activities are subject to change based on resident need and scheduling. 🎬+ Indicates sign-ups available on the Resident Portal. Everence appointments are held in the Univest Bank Office near the DG Library.

REBROADCAST OF CHURCH SERVICES (Channel 2):

Dock Woods Tuesday 3:00 pm
Central Schwenkfelder Wednesday 6:00 pm
Salford Mennonite Church Thursday 6:00 pm

OPEN CROQUET (by the DM Flagpole)
10:00 every Tuesday and Thursday