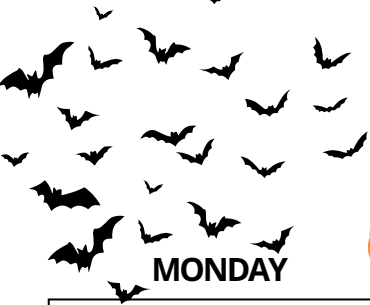
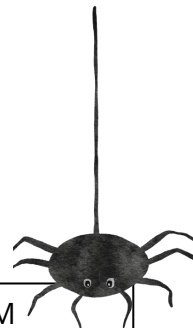




OCTOBER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



8 AM - 10 AM
Elana's Monday Walk In Hours



10 AM - 12 PM
Cesar's Monday Walk In Hours

WEEKEND EVENTS THIS MONTH

SAT 10/3, 11 AM Games with UT Alpha Kappa Alpha

SAT 10/10, 12 PM Community Clothing Swap

SUN 10/18, 12 PM Church Service w/ Greater Peace

SUN 10/18, 2 PM Games w/ Generation Serve Families

SUN 10/25, 4 PM Resident Game Night
All weekend dates in Rebekah CR, except 10/10 in Ladybird CR

2026 ELECTION REMINDERS:

MON 10/5 Last date to register to vote

MON 10/19 First day of early voting

FRI 10/23 Last day to request mail ballot

FRI 10/30 Last day of early voting

1 8:30 AM
Cap Metro Travel Training:
Trip to Walmart
(Ladybird Lobby)

10:30 AM
Exercise w/ Barbara
(Ladybird CR)

2 PM
Movie: Sicko
(Theatre)

4 PM
Resident Bingo
(Rebekah CR)

6 PM
Women's Group
(Ladybird CR)

2 12 PM - 3 PM
Food Pantry Open

12 PM - 3 PM
Mobile Vaccine Clinic
Free Flu Shots
(Ladybird CR)

4 PM
Resident Bingo
(Rebekah CR)



5 3 PM - 5 PM
Food Pantry Open

10:30 AM
Chair Yoga
(Ladybird CR)

11 AM
Integral Care Mobile Clinic
(Rebekah Lobby)

1 PM
Stop the Bleed + First Aid
Class w/ UT Nursing
(Rebekah CR)

4 PM
Resident Bingo
(Rebekah CR)

6 8:30 AM
Cap Metro Travel Training:
Trip to Walmart
(RSVP at Resident Services)

12 PM
Tech Time - Come get help
with your electronic
devices!
(Rebekah CR)

2 PM
Bible Study w/ Greater
Peace Church
(Rebekah CR)

6 PM
Resident Bible Study
(Rebekah CR)

7 **10 AM**
RBJ Community Meeting
All Residents Welcome!
(Rebekah CR)

1 PM - 3 PM
Food Pantry Open

4 PM
Resident Bingo
(Rebekah CR)

6:30 PM
Christ Church of Austin
Communion
(Rebekah CR)

8 10:30 AM
Exercise w/ Barbara
(Ladybird CR)

11:30 AM
Resident Council Meeting
(Council Members Only)

2 PM
Fitness for Mind and Body
(Ladybird CR)

4 PM
Resident Bingo
(Rebekah CR)

6 PM
Women's Group
(Location TBD)

9 12 PM - 3 PM
Food Pantry Open

11 AM
Medicare Education on
Open Enrollment
w/ Elana and Cesar
(Theatre)

4 PM
Resident Bingo
(Rebekah CR)

**Discount Bus Pass Orders
Due - Service Coordination**

Online calendar: rbjseniorhousing.org/programs/wellness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 3 PM - 5 PM Food Pantry Open 10 AM Creative Writing (Ladybird CR) 10:30 AM English Class w/ Zack (LIB) 2 PM Let's Crush Medical Debt Presentation by UT (Rebekah CR) 4 PM Resident Bingo (Rebekah CR)	13 10 AM Van Trip to Walmart (RSVP at Resident Services) 10:30 AM Pet Club Meeting (Rebekah Art Room) 1 PM Movie: The AI Doc Or How I Became an Apocaloptimist (Theatre) 6 PM Resident Bible Study (Rebekah CR) Ladybird Floor 3 Rebekah Floors 7 - 12 Pest Control	14 10 AM - 1 PM Food Pantry Open 2 PM Nutrition Class w/ Central Texas Food Bank (Rebekah CR) 4 PM Resident Bingo (Rebekah CR)	15 10:30 AM Exercise w/ Barbara (Ladybird CR) 2 PM Movie: Hoop Dreams (Theatre) 4 PM Resident Bingo (Rebekah CR) 6 PM Women's Group (Ladybird CR)	16 12 PM - 3:00 PM Food Pantry Open 2 PM Art Class: Spooky Wreaths (Rebekah Art Room)  4 PM Resident Bingo (Rebekah CR)
19 3 PM - 5 PM Food Pantry Open 10 AM Mobile Vaccine Clinic (Ladybird Lobby) 10:30 AM Chair Yoga (Ladybird CR) 11 AM Integral Care Mobile Clinic (Rebekah Lobby) 4 PM Resident Bingo (Rebekah CR)	20 12 PM Fun Games w/ UT Intern Haylen Cohen (Rebekah CR) 2 PM Bible Study w/ Greater Peace Church (Rebekah CR) 6 PM Resident Bible Study (Rebekah CR)	21 10 AM - 1 PM Food Pantry Open 2 PM Tech Class: Cryptocurrency (Theatre) 4 PM Resident Bingo (Rebekah CR) 6:30 PM Sing-a-longs w/ Christ Church of Austin (Rebekah CR)	22 10:30 AM Exercise w/ Barbara (Ladybird CR) 11:30 AM Resident Council Meeting (Council Members Only) 4 PM Resident Bingo (Rebekah CR) 6 PM Women's Group (Ladybird CR)	23 12 PM - 3:00 PM Food Pantry Open 10:30 AM WellMed New Physician Meet and Greet (Rebekah CR) 4 PM Resident Bingo (Rebekah CR)
26 3 PM - 5 PM Food Pantry Open 10 AM Creative Writing (Ladybird CR) 10:30 AM English Class w/ Zack (LIB)	27 10 AM Van Trip to Walmart (RSVP to Resident Services) 1 PM Movie: Our Souls At Night (Theatre) Ladybird Floor 4 Rebekah Floors 13 - 16 Pest Control & Unit Inspections	28 10 AM-1 PM Food Pantry Open Halloween Double Matinee in the Theatre 1 PM Hubie Halloween 3 PM Hocus Pocus  4 PM Resident Bingo (Rebekah CR)	29 10:30 AM Exercise w/ Barbara (Ladybird CR) 1 PM Fun Games w/ UT Inter Haylen Cohen (Rebekah CR) 2 PM Movie: Gap Toothed Women (Theatre) 4 PM Resident Bingo (Rebekah CR) 6 PM Women's Group (Ladybird CR)	30 12 PM - 3 PM Food Pantry Open 2 PM Pet Costume Parade & Contest (South Courtyard/ Rebekah CR Patio) 4 PM Resident Bingo (Rebekah CR) 7 PM Resident Halloween Party Open Mic Night (Rebekah CR) 