


BHA Resident Center

807 West Avenue I



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Visit our website at www.cthc.org for all resident activities.		1 4:00 p.m. STRIVE 5:30 p.m. House-keeping Workshop	2	3 2:00 p.m. Garden Festival @ Autumn Leaves 4:00 p.m. STRIVE	4	5
6	7	8 4:00 p.m. STRIVE	9	10 4:00 p.m. STRIVE	11	12
13	14 2:00 p.m. 1st Atlantic Home Health - When Should I Get Help (Memory) 3:00 p.m. Bingo 5:30 p.m. Nutrition Class "Special Ingredient Series: Ancient Grains"	15	16 3:00 p.m. Fresh Start to a Healthier You "Saving More at the Grocery Store"	17	18	19
20	21	22 1:00 p.m. - 3:00 p.m. CTHC Senior Health Fair @ Rose Hall	23	24	25	26
27	28 CTHC Closed 	29	30	31	Recurring Activities Mon, Wed 1:00 - 2:30 p.m. Computer Class Tues, Thurs 4:00 - 5:00 p.m. STRIVE	

