

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30 Stretch, Cardio & Meditation 10:15 Music Documentary: "Miles Davis, Birth of the Cool"-B 1:00 Bingo - B 2:15 iPad Fun & Games - B 5:20 Resident Choice Movie Night - B
2 9:15 Chair Cardio & Meditation - RA 10:00 Catholic Communion-TR 10:15 Christian Church-TV 1:00 Bingo - B 2:15 Documentary: "The World in 2050" - B 5:20 Game Night w/ Friends - B	3 9:30 Resistance Band Exercise - RA 10:00 Guided Meditation - B 10:10 Walking Club - CY 1:00 Bingo - B 2:30 Balance & Standing Exercise-B 5:20 Armchair Travel: Greece - B	4 9:30 StrongerU Sr Fitness Flexibility Exercise - RA 10:00 Calm Meditation 10:15 Veteran's Café Chat 1:00 Food & Demo Nutrition Class w/ Rachel - B 2:30 Bingo - B 5:30 Poker Night - TR	5 9:30 Gentle Yoga and Meditation - RA 10:00 Lovely Nails & Hand Massage 1:30 Catholic Communion - TR 2:30 Bingo - B 3:00 Painting "Golden Birch Trees" 5:30 Evening Bible Study - B	6 9:30 StrongerU Senior Fitness Weight Training & Meditation-RA 10:00 Bingo- B 1:00 Resident Council Meeting-DR 3:00 New Resident Meet & Greet Martini Mixer - B 5:20 Western Movie Night B	7 9:30 Chair Yoga - RA 10:00 Calm Meditation - RA 10:10 Senior Topics Class by Mary Frances - B 1:00 Bingo - B 3:00 Black Jack Game - B 5:20 Netflix, Popcorn and Movie Night - B	8 9:30 Stretch, Cardio & Meditation 10:30 Pet Therapy - CY 1:00 Bingo - B 2:15 Oh My! I love Pumpkin Pie Social & Fall Trivia - B 5:20 Resident Choice Movie Night - B
9 9:15 Chair Cardio & Meditation - RA 10:00 Catholic Communion-TR 10:15 Christian Church-TV 1:00 Bingo - B 2:15 Documentary: "Island of the Sea Wolves" 5:20 Game Night w/ Friends - B	10 9:30 Resistance Band Exercise - RA 10:00 Guided Meditation - B 10:10 Walking Club - CY 1:00 Bingo - B 2:30 Core & Standing Exercise- B 5:20 Broadway Musical - B	11 9:30 StrongerU Sr Fitness Flexibility Exercise - RA 10:00 Calm Meditation 10:15 Discuss & Recall Group-B 1:00 Food & Demo Nutrition Class w/ Rachel - B 2:30 Bingo - B 5:30 Poker Night - TR	12 9:30 Gentle Yoga 10:00 Aromatherapy & Hand Massage - B 10:30 Dining Room Committee Chat - RA 1:00 Bingo - B 3:00 Fall Flower Arranging - B 5:30 Evening Bible Study - B	13 9:30 StrongerU Senior Fitness Weight Training-RA 10:00 Walmart/CVS - BT 10:30 Collaborative Art Project 1:00 Bingo - B 2:30 October Celebrant Birthday Bash w/ Matthew-RA 5:20 Classic Movie Night - B	14 9:30 Chair Yoga - RA 10:00 Calm Meditation - RA 10:10 Senior Topics Class by Mary Frances - B 1:00 Bingo - B 3:00 Black Jack Game - B 5:20 Popcorn and Halloween Movie Night - B	15 9:30 Stretch & Cardio - RA 10:00 Mindfulness Meditation 10:15 Music Documentary: "Johnny Cash Story" 1:00 Bingo - B 2:15 iPad Fun & Games - B 5:20 Resident Choice Movie Night - B
16 9:15 Chair Cardio & Meditation - RA 10:00 Catholic Communion-TR 10:30 Devotional Gathering with Dave & Donna -TV 1:00 Bingo - B 2:30 Documentary: "Pacifcum" 5:20 Game Night w/ Friends - B	17 9:30 Resistance Band Exercise - RA 10:00 Guided Meditation - B 10:10 Walking Club - CY 1:00 Bingo - B 2:30 Balance & Standing Exercise-B 5:20 Armchair Travel: Maldives - B	18 9:30 StrongerU Sr Fitness Flexibility Exercise - RA 10:00 Calm Meditation 10:15 Veteran's Café Chat 1:00 Food & Demo Nutrition Class w/ Rachel - B 2:30 Bingo - B 5:30 Poker Night - TR	19 9:30 Gentle Yoga & Meditation 10:00 Lovely Nails & Hand Massage 10:30 New Resident Tea - TR 1:30 Catholic Mass and Reconciliation, Fr. Nicholas 5 to 7 p.m. Casino Night - B	20 9:30 StrongerU Senior Fitness Weight Training & Meditation 10:00 Shop 'til you Drop 10:30 Collaborative Art Project 1:00 Bingo - B 3:00 Pumpkin Spice-and- Everything Nice Happy Hour -B 5:20 Western Movie Night - B	21 9:30 Chair Yoga - RA 10:00 Calm Meditation - RA 10:10 Senior Topics Class by Mary Frances - B 1:00 Bingo - B 3:00 Black Jack Game - B 5:20 Netflix, Popcorn and Movie Night - B	22 9:30 Stretch & Cardio Exercise 10:00 Mindfulness Meditation 10:30 Pet Therapy - CY 1:00 Bingo - B 2:15 Oh My! I love Apple Pie Social & Fall Trivia - B 5:20 Resident Choice Movie Night - B
23 9:15 Chair Cardio & Meditation - RA 10:00 Catholic Communion-TR 10:15 Christian Church-TV 1:00 Bingo - B 2:30 Documentary: "Kiss the Ground" - B 5:20 Game Night w/ Friends - B	24 9:30 Resistance Band Exercise - RA 10:00 Guided Meditation - B 10:10 Walking Club - CY 1:00 Bingo - B 2:30 Core & Standing Exercise-B 5:20 Broadway Musical - B	25 9:30 StrongerU Sr Fitness Flexibility Exercise - RA 10:00 The Great Pumpkin Decorating Contest - B 1:00 Food & Demo Nutrition Class w/ Rachel - B 2:30 Bingo - B 5:30 Poker Night - TR	26 9:30 Gentle Yoga & Meditation 10:30 Aromatherapy & Hand Massage - B 1:00 Bingo - B 3:00 Autumn Crafts: Wooden Craft Painting - B 5:30 Evening Bible Study - B	27 9:30 StrongerU Senior Fitness Weight Training-RA 10:00 Shop 'til you Drop 10:30 Collaborative Art Project 1:00 Bingo - B 3:00 Apple Cider Bar Social and Corn hole Game - B 5:20 Classic Movie Night - B	28 9:30 Chair Yoga & Meditation 10:10 Senior Topics Class by Mary Frances - B 1:00 Bingo - B 3:00 Serento Rosa Spooktacular Halloween Bash - RA 5:20 Popcorn and Halloween Movie Night - B	29 9:30 Stretch & Cardio Exercise 10:00 Mindfulness Meditation 1:00 Bingo - B 2:15 iPad Fun & Games- B 5:20 Resident Choice Movie Night - B
30 9:15 Chair Cardio & Meditation - RA 10:00 Catholic Communion-TR 10:15 Christian Church-TV 10:30 Violin Music by Brandon -RA 1:00 Bingo - B 2:30 Documentary:"Puff" 5:20 Game Night w/ Friends - B	31 9:30 Resistance Band Exercise - RA 10:00 Guided Meditation - B 10:10 Walking Club - CY 1:00 Bingo - B 2:30 Balance & Standing Exercise-B 5:20 Armchair Travel: Dubai - B					