

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



4 National Golf Day

- 9:30 ■ Daily Chronicle
- 10:00 ■ Sunday Stretch
- 11:00 ■ Sunday's Mass
- 1:00 ■ Brushstrokes
- 2:00 ■ You Be the Judge
- 2:30 ■ National Golf Day
- 3:00 ■ Armchair Travel
- 4:00 ■ Brain Fitness

5 World Teacher's Day

- 9:30 ■ Daily Chronicle
- 10:00 ■ Silver Sneakers Exercise
- 11:00 ■ Walking Club
- 1:00 ■ Old Time Favorites
- 2:00 ■ Fun Day Monday
- 2:30 ■ National Teacher's Day
- 3:00 ■ Arts and Sciences
- 4:00 ■ What Would You Do?

6

- 9:30 ■ Daily Chronicle
- 10:00 ■ Tai Chi
- 11:00 ■ Crafty Creations
- 1:00 ■ Trivia Tuesday
- 2:00 ■ Name That Tune
- 2:30 ■ Brain Games
- 3:00 ■ Mini Golf
- 4:00 ■ Spelling Bee

7

- 9:30 ■ Daily Chronicle
- 10:00 ■ Light and Lively Exercise
- 11:00 ■ History Club
- 1:00 ■ Bulls Eye Game
- 2:00 ■ Nail Spa
- 2:30 ■ Daily Puzzle
- 2:30 ■ Afternoon Social
- 4:00 ■ Big Band Video

8 Yom Kippur

- 9:30 ■ Daily Chronicle
- 10:00 ■ Tai Chi
- 11:00 ■ Walking Club
- 1:00 ■ Reminiscing Trivia
- 2:00 ■ Brain Games
- 2:30 ■ Afternoon Social
- 3:00 ■ Would You Rather
- 4:00 ■ Notable Quotable

9 Curious Events Day

- 9:30 ■ Daily Chronicle
- 10:00 ■ Yoga for Beginners
- 11:00 ■ Brain Teasers
- 1:00 ■ Silver Sneakers Exercise
- 2:00 ■ Ted's Talk and Discussion
- 2:30 ■ Afternoon Social
- 3:00 ■ Karaoke
- 4:00 ■ Travel the World

10

- 9:30 ■ Daily Chronicle
- 10:00 ■ Let's Get Moving
- 11:00 ■ News Currents
- 1:00 ■ BINGO
- 2:00 ■ Artist Corner
- 2:30 ■ Afternoon Social
- 3:00 ■ Mini Golf Tournament
- 4:00 ■ Trivia Treasures

11

- 9:30 ■ Daily Chronicle
- 10:00 ■ Walk to End Alzheimer's
- 11:00 ■ Sunday's Mass
- 1:00 ■ Brushstrokes
- 2:00 ■ You Be the Judge
- 2:30 ■ Afternoon Social
- 3:00 ■ Armchair Travel
- 4:00 ■ Brain Fitness

12 Farmer's Day

- 9:30 ■ Daily Chronicle
- 10:00 ■ Silver Sneakers Exercise
- 11:00 ■ Walking Club
- 1:00 ■ Songbird Chorus
- 2:00 ■ Fun Day Monday
- 2:30 ■ Columbus Day
- 3:00 ■ Creative Art
- 4:00 ■ What Would You Do?

13

- 9:30 ■ Daily Chronicle
- 10:00 ■ Tai Chi
- 11:00 ■ Crafty Creations
- 1:00 ■ Trivia Tuesday
- 2:00 ■ Name That Tune
- 2:30 ■ Afternoon Social
- 3:00 ■ Mini Golf
- 4:00 ■ Spelling Bee

14

- 9:30 ■ Daily Chronicle
- 10:00 ■ Light and Lively Exercise
- 11:00 ■ History Club
- 1:00 ■ Bulls Eye Game
- 2:00 ■ Nail Spa
- 2:30 ■ National Dessert Day
- 3:00 ■ Resident Council
- 4:00 ■ Crooners Video

15

- 9:30 ■ Daily Chronicle
- 10:00 ■ Tai Chi
- 11:00 ■ Walking Club
- 1:00 ■ Reminiscing Trivia
- 2:00 ■ Brain Games
- 2:30 ■ Afternoon Social
- 3:00 ■ Would You Rather
- 4:00 ■ Notable Quotable

16 Dictionary Day

- 9:30 ■ Daily Chronicle
- 10:00 ■ Yoga for Beginners
- 11:00 ■ Brain Teasers
- 1:00 ■ Silver Sneakers Exercise
- 2:00 ■ Ted's Talk and Discussion
- 2:30 ■ Afternoon Social
- 3:00 ■ Karaoke
- 4:00 ■ Travel the World

17

- 9:30 ■ Daily Chronicle
- 10:00 ■ Let's Get Moving
- 11:00 ■ News Currents
- 1:00 ■ BINGO
- 2:00 ■ Artist Corner
- 2:30 ■ Afternoon Social
- 3:00 ■ Mini Golf Tournament
- 4:00 ■ Trivia Treasures

18

- 9:30 ■ Daily Chronicle
- 10:00 ■ Sunday Stretch
- 11:00 ■ Sunday's Mass
- 1:00 ■ Brushstrokes
- 2:00 ■ You Be the Judge
- 2:30 ■ Afternoon Social
- 3:00 ■ Armchair Travel
- 4:00 ■ Brain Fitness

19

- 9:30 ■ Daily Chronicle
- 10:00 ■ Silver Sneakers Exercise
- 11:00 ■ Walking Club
- 1:00 ■ Old Time Favorites
- 2:00 ■ Fun Day Monday
- 2:30 ■ Afternoon Social
- 3:00 ■ Arts and Sciences
- 4:00 ■ What Would You Do?

20

- 9:30 ■ Daily Chronicle
- 10:00 ■ Tai Chi
- 11:00 ■ Crafty Creations
- 1:00 ■ Trivia Tuesday
- 2:00 ■ Name That Tune
- 2:30 ■ Brain Games
- 3:00 ■ Mini Golf
- 4:00 ■ Spelling Bee

21

- 9:30 ■ Daily Chronicle
- 10:00 ■ Light and Lively Exercise
- 11:00 ■ History Club
- 1:00 ■ Bulls Eye Game
- 1:15 ■ Making Music with Maggie
- 2:00 ■ Nail Spa
- 2:30 ■ Afternoon Social
- 4:00 ■ Big Band Video

22

- 9:30 ■ Daily Chronicle
- 10:00 ■ Tai Chi
- 11:00 ■ Walking Club
- 1:00 ■ Reminiscing Trivia
- 2:00 ■ Brain Games
- 2:30 ■ Afternoon Social
- 3:00 ■ Would You Rather
- 4:00 ■ Notable Quotable

23

- 9:30 ■ Daily Chronicle
- 10:00 ■ Yoga for Beginners
- 11:00 ■ Brain Teasers
- 1:00 ■ Silver Sneakers Exercise
- 2:00 ■ Ted's Talk and Discussion
- 2:30 ■ Afternoon Social
- 3:00 ■ Karaoke
- 4:00 ■ Travel the World

24 Make a Difference Day

- 9:30 ■ Daily Chronicle
- 10:00 ■ Let's Get Moving
- 11:00 ■ News Currents
- 1:00 ■ BINGO
- 2:00 ■ Artist Corner
- 2:30 ■ Afternoon Social
- 3:00 ■ Mini Golf Tournament
- 4:00 ■ Trivia Treasures

25 Artist Day

- 9:30 ■ Daily Chronicle
- 10:00 ■ Sunday Stretch
- 11:00 ■ Sunday's Mass
- 1:00 ■ Brushstrokes
- 2:00 ■ You Be the Judge
- 2:30 ■ International Artist Day
- 3:00 ■ Armchair Travel
- 4:00 ■ Brain Fitness

26

- 9:30 ■ Daily Chronicle
- 10:00 ■ Silver Sneakers Exercise
- 11:00 ■ Walking Club
- 1:00 ■ Songbird Chorus
- 2:00 ■ Fun Day Monday
- 2:30 ■ Afternoon Social
- 3:00 ■ Creative Art
- 4:00 ■ What Would You Do?

27 Navy Day

- 9:30 ■ Daily Chronicle
- 10:00 ■ Tai Chi
- 11:00 ■ Crafty Creations
- 1:00 ■ Trivia Tuesday
- 2:00 ■ Name That Tune
- 2:30 ■ Navy Day
- 3:00 ■ Mini Golf
- 4:00 ■ Spelling Bee

28

- 9:30 ■ Daily Chronicle
- 10:00 ■ Light and Lively Exercise
- 11:00 ■ History Club
- 1:00 ■ Bulls Eye Game
- 2:00 ■ Whats That Sound
- 2:00 ■ Nail Spa
- 3:00 ■ Word with Friends
- 4:00 ■ Crooners Video

29

- 9:30 ■ Daily Chronicle
- 10:00 ■ Tai Chi
- 11:00 ■ Walking Club
- 1:00 ■ Reminiscing Trivia
- 2:00 ■ Brain Games
- 2:30 ■ Afternoon Social
- 3:00 ■ Would You Rather
- 4:00 ■ Notable Quotable

30

- 9:30 ■ Daily Chronicle
- 10:00 ■ Yoga for Beginners
- 11:00 ■ Brain Teasers
- 1:00 ■ Silver Sneakers Exercise
- 2:00 ■ Ted's Talk and Discussion
- 2:30 ■ Afternoon Social
- 3:00 ■ Karaoke
- 4:00 ■ Travel the World

31 Halloween

- 9:30 ■ Daily Chronicle
- 10:00 ■ Let's Get Moving
- 11:00 ■ News Currents
- 1:00 ■ BINGO
- 2:00 ■ Artist Corner
- 2:30 ■ Halloween
- 3:00 ■ Mini Golf Tournament
- 4:00 ■ Trivia Treasures

Reflection Neighborhood

*"And all at once
summer collapsed
into fall."*

Happy Birthday:
10/9 Ginny L.
10/21 Anne M.

*All activities are
subject to change
upon residents
requests, needs or
interest.*

Thank you!

PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social

LCB Senior Living
strengthens its programming
through collaborations with
notable health care leaders,
including McLean Hospital,
Harvard Medical School
and Brigham and
Women's Hospital.