

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday



- 4**
- 9:45 Televised Mass
  - 10:30 Light Morning Stretches
  - 11:00 Breathing and Meditation
  - 11:30 Did You Know?
  - 1:30 Scott on The Keys
  - 2:30 Snack Social
  - 3:15 Tai Chi
  - 6:00 Conversation Cards
  - 6:30 Movie Comedy Sundays

- 5**
- 10:00 TheraBand Exercises
  - 11:00 Daily Trivia
  - 11:00 Breathing and Meditation
  - 1:30 Bingo w/ R.C.A's
  - 2:30 Snack Social
  - 3:00 Name That Tune
  - 4:00 Afternoon Walking Club
  - 4:00 Afternoon Trivia
  - 6:00 Reading Group
  - 6:30 Monday Movie Musical

- 6**
- 10:00 52 Card Cardio
  - 11:00 Falls And Balance Class
  - 11:00 Finish the Phrase
  - 11:00 Breathing and Meditation
  - 1:30 Corn Hole Challenge
  - 2:30 Snack Social
  - 3:00 Healthy Brain Games
  - 4:30 Checkers With RCAS
  - 6:00 Bowling
  - 6:45 Documentary Series

- 7**
- 10:00 Chair Yoga
  - 11:00 Visual Discussion
  - 11:00 Breathing and Meditation
  - 1:30 Card Games with RCA's
  - 1:30 Raffia Wrapped Fall Art**
  - 2:30 Snack Social
  - 3:00 Tai Chi
  - 3:30 Word Searches
  - 4:00 Nail Touch-Ups
  - 6:45 Family Film Night

- 8**
- 10:00 Obstacle Course
  - 11:00 Discussion Group
  - 11:00 Breathing and Meditation
  - 1:30 Poetry Group
  - 2:00 Thursdays with Scott
  - 3:00 Snack Social
  - 3:00 Healthy Brain Games
  - 4:30 FACT or FICTION
  - 5:45 After Dinner Walking Club
  - 6:30 On The Silver Screen

- 9**
- 10:00 Movin-2-Music Exercise
  - 11:00 Daily Trivia
  - 11:00 Breathing and Meditation
  - 1:30 Happy News Discussion
  - 1:30 Scavenger Hunt
  - 2:30 Snack Social
  - 3:00 High Stakes Bingo
  - 4:00 Walking Club
  - 6:00 Music Memories
  - 6:30 Friday Night Classic

- 10**
- 10:00 Chair Exercises
  - 11:00 Brain Teasers
  - 11:00 Breathing and Meditation
  - 1:15 Precious Memories
  - 2:00 Saturday Spa
  - 3:00 Snack Social
  - 3:30 Discussion Circle
  - 4:00 Reflections Walking Club
  - 4:00 Afternoon Trivia
  - 6:00 Hollywood Blockbusters

- 11** Happy B-Day Karen D.!
- 9:45 Televised Mass
  - 10:30 Light Morning Stretches
  - 11:00 Breathing and Meditation
  - 11:30 Way Back When
  - 1:30 Scott on The Keys
  - 2:30 Snack Social
  - 3:15 Tai Chi
  - 6:00 The Dictionary Game
  - 6:30 Movie Comedy Sundays

- 12**
- 10:00 TheraBand Exercises
  - 11:00 Daily Trivia
  - 11:00 Breathing and Meditation
  - 1:30 Bingo w/ R.C.A's
  - 2:30 Snack Social
  - 3:00 Name That Tune
  - 4:00 Afternoon Walking Club
  - 4:00 Afternoon Trivia
  - 6:00 Reading Group
  - 6:30 Monday Movie Musical

- 13**
- 10:00 52 Card Cardio
  - 11:00 Falls And Balance Class
  - 11:00 Finish the Phrase
  - 11:00 Breathing and Meditation
  - 1:30 Dice Roll
  - 2:30 Snack Social
  - 3:00 Healthy Brain Games
  - 4:30 Checkers With RCAS
  - 6:00 Bowling
  - 6:45 Documentary Series

- 14**
- 10:00 Chair Yoga
  - 11:00 Visual Discussion
  - 11:00 Breathing and Meditation
  - 1:30 Card Games with RCA's
  - 1:30 Spooky Owl Door Art**
  - 2:30 Snack Social
  - 3:00 Tai Chi
  - 3:30 Word Searches
  - 4:00 Nail Touch-Ups
  - 6:45 Family Film Night

- 15**
- 10:00 Obstacle Course
  - 11:00 Discussion Group
  - 11:00 Breathing and Meditation
  - 1:30 Poetry Group
  - 2:00 Thursdays with Scott
  - 3:00 Snack Social
  - 3:00 Healthy Brain Games
  - 4:30 FACT or FICTION
  - 5:45 After Dinner Walking Club
  - 6:30 On The Silver Screen

- 16**
- 10:00 Movin-2-Music Exercise
  - 11:00 Daily Trivia
  - 11:00 Breathing and Meditation
  - 1:30 Happy News Discussion
  - 1:30 Scavenger Hunt
  - 2:30 Snack Social
  - 3:00 High Stakes Bingo
  - 4:00 Walking Club
  - 6:00 Music Memories
  - 6:30 Friday Night Classic

- 17**
- 10:00 Chair Exercises
  - 11:00 Brain Teasers
  - 11:00 Breathing and Meditation
  - 1:15 Precious Memories
  - 2:00 Saturday Spa
  - 3:00 Snack Social
  - 3:30 Discussion Circle
  - 4:00 Reflections Walking Club
  - 4:00 Afternoon Trivia
  - 6:00 Hollywood Blockbusters

- 18**
- 9:45 Televised Mass
  - 10:30 Light Morning Stretches
  - 11:00 Breathing and Meditation
  - 11:30 Did You Know?
  - 1:30 Scott on The Keys
  - 2:30 Snack Social
  - 3:15 Tai Chi
  - 6:00 Conversation Cards
  - 6:30 Movie Comedy Sundays

- 19**
- 10:00 TheraBand Exercises
  - 11:00 Daily Trivia
  - 11:00 Breathing and Meditation
  - 1:30 Bingo w/ R.C.A's
  - 2:30 Snack Social
  - 3:00 Name That Tune
  - 4:00 Afternoon Walking Club
  - 4:00 Afternoon Trivia
  - 6:00 Reading Group
  - 6:30 Monday Movie Musical

- 20** Happy B-Day Audrey L.!
- 10:00 52 Card Cardio
  - 11:00 Falls And Balance Class
  - 11:00 Finish the Phrase
  - 11:00 Breathing and Meditation
  - 1:30 Corn Hole Challenge
  - 2:30 Snack Social
  - 3:00 Healthy Brain Games
  - 4:30 Checkers With RCAS
  - 6:00 Bowling
  - 6:45 Documentary Series

- 21**
- 10:00 Chair Yoga
  - 11:00 Visual Discussion
  - 11:00 Breathing and Meditation
  - 1:30 Card Games with RCA's
  - 1:30 Ghost Lantern Art**
  - 2:30 Snack Social
  - 3:00 Tai Chi
  - 3:30 Word Searches
  - 4:00 Nail Touch-Ups
  - 6:45 Family Film Night

- 22**
- 10:00 Obstacle Course
  - 11:00 Discussion Group
  - 11:00 Breathing and Meditation
  - 1:30 Poetry Group
  - 2:00 Thursdays with Scott
  - 3:00 Snack Social
  - 3:00 Healthy Brain Games
  - 4:30 FACT or FICTION
  - 5:45 After Dinner Walking Club
  - 6:30 On The Silver Screen

- 23**
- 10:00 Movin-2-Music Exercise
  - 11:00 Daily Trivia
  - 11:00 Breathing and Meditation
  - 1:30 Happy News Discussion
  - 1:30 Scavenger Hunt
  - 2:30 Snack Social
  - 3:00 High Stakes Bingo
  - 4:00 Walking Club
  - 6:00 Music Memories
  - 6:30 Friday Night Classic

- 24** Happy B-Day Mary Ellen!
- 10:00 Chair Exercises
  - 11:00 Brain Teasers
  - 11:00 Breathing and Meditation
  - 1:15 Precious Memories
  - 2:00 Saturday Spa
  - 3:00 Snack Social
  - 3:30 Discussion Circle
  - 4:00 Reflections Walking Club
  - 4:00 Afternoon Trivia
  - 6:00 Hollywood Blockbusters

- 25**
- 9:45 Televised Mass
  - 10:30 Light Morning Stretches
  - 11:00 Breathing and Meditation
  - 11:30 Way Back When
  - 1:30 Scott on The Keys
  - 2:30 Snack Social
  - 3:15 Tai Chi
  - 6:00 The Dictionary Game
  - 6:30 Movie Comedy Sundays

- 26**
- 10:00 TheraBand Exercises
  - 11:00 Daily Trivia
  - 11:00 Breathing and Meditation
  - 1:30 Bingo w/ R.C.A's
  - 2:30 Snack Social
  - 3:00 Name That Tune
  - 4:00 Afternoon Walking Club
  - 4:00 Afternoon Trivia
  - 6:00 Reading Group
  - 6:30 Monday Movie Musical

- 27**
- 10:00 52 Card Cardio
  - 11:00 Falls And Balance Class
  - 11:00 Finish the Phrase
  - 11:00 Breathing and Meditation
  - 1:30 Dice Roll
  - 2:30 Snack Social
  - 3:00 Healthy Brain Games
  - 4:30 Checkers With RCAS
  - 6:00 Bowling
  - 6:45 Documentary Series

- 28**
- 10:00 Chair Yoga
  - 11:00 Visual Discussion
  - 11:00 Breathing and Meditation
  - 1:30 Card Games with RCA's
  - 1:30 Mummy Clay Art**
  - 2:30 Snack Social
  - 3:00 Tai Chi
  - 3:30 Word Searches
  - 4:00 Nail Touch-Ups
  - 6:45 Family Film Night

- 29**
- 10:00 Obstacle Course
  - 11:00 Discussion Group
  - 11:00 Breathing and Meditation
  - 1:30 Poetry Group
  - 2:00 Thursdays with Scott
  - 3:00 Snack Social
  - 3:00 Healthy Brain Games
  - 4:30 FACT or FICTION
  - 5:45 After Dinner Walking Club
  - 6:30 On The Silver Screen

- 30**
- 10:00 Movin-2-Music Exercise
  - 11:00 Daily Trivia
  - 11:00 Breathing and Meditation
  - 1:30 Scavenger Hunt
  - 1:30 Witchy Pine Cone Art**
  - 2:30 Reflections Halloween Party!**
  - 3:00 Halloween Documentary**
  - 4:00 Walking Club
  - 6:00 Music Memories

- 31** Happy Halloween!
- 10:00 Chair Exercises
  - 11:00 Brain Teasers
  - 11:00 Breathing and Meditation
  - 1:15 Precious Memories
  - 2:00 HALLOWEEN BINGO!**
  - 3:00 Snack Social
  - 3:30 Shoulder Massages
  - 4:00 Reflections Walking Club
  - 4:00 Afternoon Trivia
  - 6:00 Hollywood Blockbusters

## Reflections

### Info

**Oct Birthdays**  
10/13 Karen D.!  
10/20 Audrey L.!  
10/26 Mary Ellen N.!

### Window & Patio Visits

Sundays  
Mondays  
Thursdays  
Please reach out to Reception to book your visits!

### FaceTime Calls

Please email:  
MTorrance@ResidenceFiveCorners.com  
to schedule

## 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.