

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

31 OCTOBER

- 10:00 Morning Mass
- 10:30 Coffee and Chronicles
- 11:00 Walking Club
- 1:00 Room Visits
- 2:00 Dancercise
- 3:00 Sunday Sundaes
- 4:00 Trivia Club
- 6:00 Romance Movie Night



1

- 10:00 Tai Chi with Lila
- 10:30 Daily Chronicles
- 11:00 Baking Demo
- 1:00 Mindful Meditation
- 1:30 Outting for Ice Cream
- 2:00 Barre& Balance Class
- 3:00 High/Low
- 4:00 Chicken Soup for the Soul
- 6:00 Game of Choice

2

- 10:00 Sit and be Fit
- 10:30 Daily Chronicles
- 11:00 Hand Massage and Nails
- 1:00 Room Visits
- 2:00 Parachute Fun
- 3:00 Choices
- 4:00 Sing a Long
- 6:00 Movie of Choice

3

- 10:00 Morning Mass
- 10:30 Coffee and Chronicles
- 11:00 Walking Club
- 1:00 Room Visits
- 2:00 Dancercise
- 3:00 Sunday Sundaes
- 4:00 Trivia Club
- 6:00 Romance Movie Night

4

- 10:00 Sit and be Fit
- 10:30 Paint W/ Beth
- 11:00 Shake Loose a Memory
- 1:00 Sing-A-Long
- 2:00 Balloon Volleyball
- 3:00 Fun with Water Colors
- 4:00 Roll the Dice
- 6:00 Reminiscence Therapy

5

- 10:00 Barre& Balance Class
- 10:15 Communion
- 11:00 Words that Start With
- 1:00 Resident Council
- 1:00 The Artist in Us
- 1:30 Scenic Rides
- 2:00 Parachute Fun
- 3:00 Chicken Soup for the Soul
- 3:00 Music Bingo
- 6:00 Evening Game

6

- 10:00 Tai Chi with Lila
- 10:30 Daily Chronicles
- 11:00 Stories of Kindness
- 1:00 Spa Social
- 2:30 Barre Exercise
- 3:00 Bowling
- 4:00 High/Low
- 4:00 Outdoor Concert
- 6:00 Relax and Rejuvenate

7

- 10:00 Wheel of Fun
- 10:30 South Windsor's Community of Faith
- 11:00 Science Lab
- 1:00 Gardening Day
- 2:00 Barre& Balance Class
- 3:00 Armchair Travel
- 4:00 Pokeno
- 6:00 Classic Movie Night

8

- 10:00 Tai Chi with Lila
- 10:30 Daily Chronicles
- 11:00 Baking Demo
- 1:00 Mindful Meditation
- 1:30 Outting for Ice Cream
- 2:00 Barre& Balance Class
- 3:00 Outdoor Concert
- 4:00 Life Stories
- 6:00 Game of Choice

9

- 10:00 Sit and be Fit
- 10:30 Daily Chronicles
- 11:00 Hand Massage and Nails
- 1:00 Room Visits
- 1:00 Word Teasers
- 2:00 Afternoon Stretch
- 3:00 Art
- 4:00 Sing a Long
- 6:00 Movie of Choice

10

- 10:00 Morning Mass
- 10:30 Coffee and Chronicles
- 11:00 Walking Club
- 1:00 Finish the Lyrics
- 2:00 Dancercise
- 3:00 Sunday Sundaes
- 4:00 Trivia Club
- 6:00 Romance Movie Night

11

- 10:00 Chair Zumba
- 10:00 Sit and be Fit
- 10:30 Paint W/ Beth
- 11:00 Name 10
- 1:00 Sing-A-Long
- 2:00 Parachute Fun
- 3:00 Fun with Water Colors
- 4:00 Trivia Club
- 6:00 Reminiscence Therapy

12 HAPPY BIRTHDAY!

- 10:00 Barre& Balance Class
- 10:15 Communion
- 11:00 Words that Start With
- 1:00 The Artist in Us
- 1:30 Scenic Rides
- 2:00 Parachute Fun
- 3:00 Chicken Soup for the Soul
- 4:00 Pokeno
- 6:00 Evening Game

13

- 10:00 Tai Chi with Lila
- 10:30 Daily Chronicles
- 11:00 Stories of Kindness
- 1:00 Words that Start With
- 2:30 Barre Exercise
- 3:00 Flower Arrangements
- 4:00 The 50's
- 6:00 Relax and Rejuvenate

14

- 10:00 Golf Tee Off
- 10:30 South Windsor's Community of Faith
- 11:00 Science Lab
- 1:00 Gardening Day
- 2:00 Barre& Balance Class
- 3:00 Creative Colors
- 4:00 Scatogories
- 6:00 Classic Movie Night

15

- 10:00 Tai Chi with Lila
- 10:30 Daily Chronicles
- 11:00 Baking Demo
- 1:00 Mindful Meditation
- 1:30 Outting for Ice Cream
- 2:00 Barre& Balance Class
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16

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17

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- 3:00 Fun with Water Colors
- 4:00 Roll the Dice
- 6:00 Reminiscence Therapy

19

- 10:00 Barre& Balance Class
- 10:15 Communion
- 11:00 Music with Maggie
- 1:00 The Artist in Us
- 1:30 Scenic Rides
- 2:00 Parachute Fun
- 3:00 Chicken Soup for the Soul
- 3:00 Music Bingo
- 4:00 Pokeno
- 6:00 Evening Game

20

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22

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- 10:30 Daily Chronicles
- 11:00 Baking Demo
- 1:00 Mindful Meditation
- 1:30 Outting for Ice Cream
- 2:00 Barre& Balance Class
- 3:00 Concert W/ East Chicago Joe
- 3:00 Outdoor Concert
- 4:00 Life Stories

23

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26

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**Reflections
Special Events**

Happy Birthday!

Gene- 10/12

Entertainment

Oct 6th - Jeffrey Fulmer

Oct 8th - The Country Duo

Oct 15th - Jose Paulo

Oct 22nd - Mike Armentano

PROGRAM

- Cognitive
- Emotional
- Physical
- Social

Events are subject to change.