

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

**31 OCTOBER**

- 10:00 Catholic Mass
- 11:00 Resident Choir
- 1:30 Stack the Bones
- 2:15 Tai Chi
- 3:00 Sundae Sundays
- 3:45 Cookies N'Scream Trivia
- 6:00 Spectacular Movie Showing



**1**

- 10:00 Body Wakeup Workout
- 10:30 Brain Fitness Match
- 11:00 Name that Tune
- 1:30 Colorful Conversations
- 2:00 Group Trivia Challenge
- 2:15 Tai Chi
- 3:00 Friday Mocktails
- 6:00 Traveler's Club

**2**

- 10:30 Sit and Stretch
- 11:00 Penny Ante
- 1:30 Music & Memories
- 2:15 Balloon Volleyball
- 3:00 Patio Snack & Social
- 3:45 Finish the Phrase
- 6:00 Hollywood Blockbusters

**3**

- 10:00 Catholic Mass
- 10:30 Sit and Stretch
- 11:00 Resident Choir
- 1:30 Bible Study
- 2:15 Tai Chi
- 3:00 Sundae Sundays
- 3:30 George Landers- DJ
- 3:45 Trivia
- 6:00 Movie Comedy Sundays

**4**

- 10:00 Nail Spa
- 10:30 Daily Chronicles
- 11:00 Sit and Stretch
- 11:30 Current Events & Coffee
- 1:30 Scenic Ride
- 2:15 Barre Balance Class
- 3:00 Patio Snack & Social
- 6:00 Comedy Corner

**5**

- 10:00 Today in History
- 10:15 Music Therapy w/ Linda
- 11:00 Word in a Word
- 11:00 Sit and Stretch
- 1:30 Groove & Move
- 2:15 Cardio Drumming
- 3:00 Tuesday Tea Time
- 3:45 You be the Judge
- 6:00 Game Show Night!

**6**

- 10:00 Seated Dance
- 10:30 Daily Chronicles
- 11:00 Baking Group
- 11:00 Sit and Stretch
- 1:30 Wednesday Matinee
- 3:00 Patio Snack & Social
- 3:45 Finish the Phrase
- 6:00 Documentary Series

**7**

- 10:00 Mind Jogger
- 10:30 Famous Faces
- 10:30 Sit and Stretch
- 10:30 Ray Novack- Keyboard
- 11:00 Art Corner
- 2:15 Barre Balance Class
- 3:00 Happy Hour
- 3:45 Famous Faces

**8**

- 10:00 Body Wakeup Workout
- 10:30 Brain Fitness Match
- 11:00 Name that Tune
- 1:30 Colorful Conversations
- 2:00 Group Trivia Challenge
- 2:15 Tai Chi
- 3:00 Friday Mocktails
- 6:00 Traveler's Club

**9**

- 11:00 Penny Ante
- 1:30 Music & Memories
- 2:15 Balloon Volleyball
- 3:00 Patio Snack & Social
- 3:45 Finish the Phrase
- 6:00 Hollywood Blockbusters

**10**

- 10:00 Catholic Mass
- 11:00 Resident Choir
- 1:30 Bible Study
- 2:15 Tai Chi
- 3:00 Sundae Sundays
- 3:45 Trivia
- 6:00 Movie Comedy Sundays
- 6:15 Mark West - Pianist

**11**

- 10:00 Nail Spa
- 10:30 Daily Chronicles
- 11:30 Current Events & Coffee
- 1:30 Scenic Ride
- 2:15 Barre Balance Class
- 3:00 Patio Snack & Social
- 6:00 Comedy Corner

**12**

- 10:00 Mind Jogger
- 11:00 Word in a Word
- 1:30 Groove & Move
- 2:15 Cardio Drumming
- 3:00 Tuesday Tea Time
- 3:45 Stories of Kindness
- 6:00 Game Show Night!

**13**

- 10:00 Seated Dance
- 10:30 Daily Chronicles
- 11:00 Baking Group
- 1:30 Wednesday Matinee
- 3:00 Patio Snack & Social
- 3:45 Finish the Phrase
- 6:00 Documentary Series

**14**

- 10:00 Mind Jogger
- 10:30 Famous Faces
- 10:30 Sit and Stretch
- 11:00 Art Corner
- 2:15 Barre Balance Class
- 3:00 Happy Hour
- 3:30 Linda Chase - Vocalist
- 3:45 Famous Faces

**15**

- 10:00 Body Wakeup Workout
- 10:30 Brain Fitness Match
- 11:00 Name that Tune
- 1:30 Colorful Conversations
- 2:00 Group Trivia Challenge
- 2:15 Tai Chi
- 3:00 Friday Mocktails
- 6:00 Traveler's Club

**16** Happy Birthday, Jean L!

- 11:00 Penny Ante
- 1:30 Music & Memories
- 2:15 Balloon Volleyball
- 3:00 Patio Snack & Social
- 3:45 Finish the Phrase
- 6:00 Hollywood Blockbusters

**17**

- 10:00 Catholic Mass
- 11:00 Resident Choir
- 1:30 Bible Study
- 2:15 Tai Chi
- 3:00 Sundae Sundays
- 3:45 Trivia
- 6:00 Movie Comedy Sundays

**18**

- 10:00 Nail Spa
- 10:30 Daily Chronicles
- 11:30 Current Events & Coffee
- 1:30 Scenic Ride
- 2:00 Protestant Service
- 2:15 Barre Balance Class
- 3:00 Patio Snack & Social
- 6:00 Comedy Corner

**19**

- 10:00 Mind Jogger
- 10:15 Music Therapy w/ Linda
- 10:30 Veteran's Cafe
- 11:00 Word in a Word
- 1:30 Groove & Move
- 2:15 Cardio Drumming
- 3:00 Tuesday Tea Time
- 3:45 Stories of Kindness
- 6:00 Game Show Night!

**20**

- 10:00 Seated Dance
- 10:30 Daily Chronicles
- 10:30 Foliage Scenic Drive
- 11:00 Baking Group
- 1:30 Wednesday Matinee
- 3:00 Patio Snack & Social
- 3:45 Finish the Phrase
- 6:00 Documentary Series

**21**

- 10:00 Mind Jogger
- 10:30 Famous Faces
- 10:30 Sit and Stretch
- 11:00 Art Corner
- 2:15 Barre Balance Class
- 3:00 Happy Hour
- 3:30 MaryBeth Maes-Guitarist
- 3:45 Famous Faces

**22**

- 10:00 Body Wakeup Workout
- 10:30 Brain Fitness Match
- 11:00 Name that Tune
- 1:30 Colorful Conversations
- 2:00 Group Trivia Challenge
- 2:15 Tai Chi
- 3:00 Friday Mocktails
- 6:00 Traveler's Club

**23**

- 11:00 Penny Ante
- 1:30 Music & Memories
- 2:15 Balloon Volleyball
- 3:00 Patio Snack & Social
- 3:45 Finish the Phrase
- 6:00 Hollywood Blockbusters

**24**

- 10:00 Catholic Mass
- 11:00 Resident Choir
- 1:30 Bible Study
- 2:15 Tai Chi
- 3:00 Sundae Sundays
- 3:45 Cookies N'Scream Trivia
- 6:00 Movie Comedy Sundays

**25**

- 10:00 Nail Spa
- 10:30 Daily Chronicles
- 11:30 Current Events & Coffee
- 1:30 Scenic Ride
- 2:15 Barre Balance Class
- 3:00 Patio Snack & Social
- 6:00 Comedy Corner

**26**

- 10:00 Mind Jogger
- 10:30 Joe Malone-Frank Sinatra
- 11:00 Word in a Word
- 1:30 Groove & Move
- 2:15 Cardio Drumming
- 3:00 Tuesday Tea Time
- 3:45 Stories of Kindness
- 6:00 Game Show Night!

**27**

- 10:00 Seated Dance
- 10:30 Daily Chronicles
- 11:00 Baking Group
- 1:30 Wednesday Matinee
- 3:00 Patio Snack & Social
- 3:45 Finish the Phrase
- 6:00 Documentary Series

**28**

- 10:00 Mind Jogger
- 10:30 Famous Faces
- 10:30 Sit and Stretch
- 11:00 Art Corner
- 11:00 Resident Council Meeting
- 2:15 Barre Balance Class
- 3:00 Happy Hour
- 3:30 Brian Cocoran - Guitarist
- 3:45 Famous Faces

**29**

- 10:00 Body Wakeup Workout
- 10:30 Brain Fitness Match
- 11:00 Name that Tune
- 1:30 Colorful Conversations
- 2:00 Group Trivia Challenge
- 2:00 Trunk or Treat Event
- 2:15 Tai Chi
- 2:30 DJ John Ross
- 3:00 Friday Mocktails
- 6:00 Traveler's Club

**30**

- 11:00 Penny Ante
- 1:30 Music & Memories
- 2:15 Balloon Volleyball
- 3:00 Patio Snack & Social
- 3:45 Finish the Phrase
- 6:00 Hollywood Blockbusters

Hello, October!

Stay Warm & Engage With Us!

Scenic Rides

Barre Balance Class

Happy Hour

Nail Spa

Live Concerts

Tai Chi Class

**PROGRAM**

- Cognitive
- Emotional
- Physical
- Social

Events are subject to change.