

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

**31 OCTOBER**

- 9:30 Morning Devotions
- 10:15 Morning Exercise
- 10:45 Halloween Fact or Fiction
- 1:30 High or Low
- 2:00 Halloween Social**
- 3:00 Conductorcises
- 4:00 Poetry Corner
- 6:30 Pick a Flick



**1**

- 9:30 Strength & Balance
- 10:00 Resident Outing
- 11:00 Morning Meditation
- 1:15 Nature Walk
- 2:00 Famous Faces
- 2:30 Happy Hour
- 3:30 You be the Judge
- 6:00 Aroma Therapy

**2**

- 9:00 Coffee Chat
- 9:30 Movement is Medicine
- 10:30 Word Unscramble
- 1:30 Nail Spa
- 1:30 Barre and Balance Class
- 2:30 Crafty Creations
- 4:00 Musical Memories
- 6:00 Faces & Places

**3**

- 9:30 Morning Devotions
- 10:15 Morning Exercise
- 10:45 Name that TV Jingle
- 1:30 High or Low
- 2:00 Conductorcises
- 3:30 Poetry Corner
- 4:00 Sing an Old Favorite
- 6:30 Pick a Flick

**4**

- 9:30 Tai Chi
- 10:15 Coffee Chat
- 10:30 iPad Experience
- 1:30 Community Walk
- 2:30 Happy Hour
- 4:00 Musical Memories
- 6:00 Poetry Reading

**5**

- 9:30 Strength & Balance
- 10:00 Catholic Mass
- 10:45 Brain Teasers
- 1:30 Barre and Balance Class
- 2:30 Crafty Creations
- 3:30 Aroma Therapy
- 4:00 Whats Happening
- 6:00 Music we love

**6**

- 9:30 Movement is Medicine
- 10:45 Finish the Slogan
- 1:15 Move to the Music
- 1:15 Scenic Ride
- 2:30 Happy Hour
- 3:30 Writing Group
- 4:00 Musical Memories
- 6:00 Caring & Sharing

**7**

- 9:30 Tai Chi
- 10:30 Rosary Corner
- 11:00 Current Events
- 1:30 Conductorcises
- 2:00 Baking Group
- 3:00 Fact or Fiction
- 4:00 Life Stories
- 7:00 Wheel of Fortune

**8**

- 9:30 Strength & Balance
- 10:00 Resident Outing
- 10:30 Coffee & Conversation
- 11:00 Morning Meditation
- 1:15 Nature Walk
- 2:30 Happy Hour
- 3:30 What am I??
- 6:00 Aroma Therapy

**9**

- 9:00 Coffee Chat
- 9:30 Movement is Medicine
- 10:30 Name 10
- 1:30 Nail Spa
- 1:30 Barre and Balance Class
- 2:30 Painting Creations
- 4:00 Musical Memories
- 6:00 Faces & Places

**10**

- 9:30 Morning Devotions
- 10:15 Morning Exercise
- 10:45 Trivia of the Season
- 1:30 High or Low
- 2:00 Toss it
- 3:30 Poetry Corner
- 4:00 Sing an Old Favorite
- 6:30 Pick a Flick

**11** Columbus Day

- 9:30 Tai Chi
- 10:15 Coffee Chat
- 10:30 Columbus History
- 1:15 Resident Council**
- 1:30 Community Walk
- 2:00 Shake out the Truth
- 2:30 Happy Hour
- 4:00 Musical Memories
- 6:00 Poetry Reading

**12**

- 9:30 Strength & Balance
- 10:00 Catholic Mass
- 1:30 Barre and Balance Class
- 2:30 Crafty Creations
- 3:30 Aroma Therapy
- 4:00 Whats Happening
- 6:00 Music we love

**13**

- 9:30 Movement is Medicine
- 10:45 Wheel of Fortune
- 1:15 Move to the Music
- 1:15 Scenic Ride
- 2:30 Happy Hour
- 3:30 Writing Group
- 4:00 Musical Memories
- 6:00 Caring & Sharing

**14**

- 9:30 Tai Chi
- 10:30 Rosary Corner
- 11:00 Current Events
- 1:30 Conductorcises
- 2:00 Baking Group
- 3:00 Fact or Fiction
- 4:00 Life Stories
- 7:00 Wheel of Fortune

**15**

- 9:30 Strength & Balance
- 10:00 Resident Outing
- 10:30 Coffee & Conversation
- 11:00 Morning Meditation
- 1:15 Nature Walk
- 2:00 Famous Faces
- 2:30 Happy Hour
- 6:00 Aroma Therapy

**16**

- 9:00 Coffee Chat
- 9:30 Movement is Medicine
- 1:30 Nail Spa
- 1:30 Barre and Balance Class
- 2:30 Crafty Creations
- 4:00 Musical Memories
- 6:00 Faces & Places

**17**

- 9:30 Morning Devotions
- 10:15 Morning Exercise
- 10:45 Name that TV Jingle
- 1:30 High or Low
- 2:00 Conductorcises
- 3:30 Poetry Corner
- 4:00 Sing an Old Favorite
- 6:30 Pick a Flick

**18**

- 9:30 Tai Chi
- 10:15 Coffee Chat
- 10:30 iPad Experience
- 1:30 Community Walk
- 2:30 Happy Hour
- 3:30 What am I??
- 4:00 Musical Memories
- 6:00 Poetry Reading

**19**

- 9:30 Strength & Balance
- 10:00 Catholic Mass
- 10:15 Jeopardy
- 1:30 Barre and Balance Class
- 3:00 Name that Tune
- 3:30 Aroma Therapy
- 4:00 Whats Happening
- 6:00 Music we love

**20**

- 9:30 Movement is Medicine
- 10:45 Finish the Slogan
- 1:15 Move to the Music
- 1:15 Scenic Ride
- 2:30 Happy Hour
- 3:30 Writing Group
- 4:00 Musical Memories
- 6:00 Caring & Sharing

**21**

- 9:30 Tai Chi
- 10:30 Rosary Corner
- 11:00 Wheel of Fortune
- 1:30 Conductorcises
- 2:00 Baking Group
- 3:00 Fact or Fiction
- 4:00 Life Stories
- 7:00 Wheel of Fortune

**22**

- 9:30 Strength & Balance
- 10:00 Resident Outing
- 10:30 Coffee & Conversation
- 11:00 Morning Meditation
- 1:15 Nature Walk
- 2:30 Happy Hour
- 3:30 What am I??
- 6:00 Aroma Therapy

**23**

- 9:00 Coffee Chat
- 9:30 Movement is Medicine
- 10:30 Name 10
- 1:30 Barre and Balance Class
- 2:00 Canvas Creations
- 3:00 Nail Spa
- 4:00 Musical Memories
- 6:00 Faces & Places

**24**

- 9:30 Morning Devotions
- 10:15 Morning Exercise
- 10:45 What's the Product
- 1:30 High or Low
- 2:00 Conductorcises
- 3:30 Poetry Corner
- 4:00 Sing an Old Favorite
- 6:30 Pick a Flick

**25**

- 9:30 Tai Chi
- 10:15 Coffee Chat
- 10:30 iPad Experience
- 1:30 Community Walk
- 2:00 Shake out the Truth
- 2:30 Happy Hour
- 4:00 Musical Memories
- 6:00 Poetry Reading

**26**

- 9:30 Strength & Balance
- 10:00 Catholic Mass
- 10:15 Pick Apart the Word
- 1:30 Barre and Balance Class
- 2:00 Pumpkin Creations
- 3:30 Aroma Therapy
- 4:00 Whats Happening
- 6:00 Music we love

**27**

- 9:30 Movement is Medicine
- 10:45 Wheel of Fortune
- 1:15 Move to the Music
- 1:15 Scenic Ride
- 2:30 Happy Hour
- 3:30 Writing Group
- 4:00 Musical Memories
- 6:00 Caring & Sharing

**28**

- 9:30 Tai Chi
- 10:30 Rosary Corner
- 11:00 Current Events
- 1:00 Baking Group
- 2:00 Tap N Time**
- 2:30 Virtual Caregivers Support Group**
- 3:00 Fact or Fiction
- 4:00 Life Stories
- 7:00 Wheel of Fortune

**29**

- 9:30 Strength & Balance
- 10:00 Resident Outing
- 10:30 Coffee & Conversation
- 11:00 Morning Meditation
- 1:15 Nature Walk
- 2:00 Famous Faces
- 2:30 Halloween Social and Music Entertainment with The Jeff Dunn Trio**
- 6:00 Aroma Therapy

**30**

- 9:00 Coffee Chat
- 9:30 Movement is Medicine
- 1:30 Nail Spa
- 1:30 Barre and Balance Class
- 2:00 Painting Creations
- 4:00 Musical Memories
- 6:00 Faces & Places

## October Special Events

- Oct. 11th**  
Resident Council
- Oct. 28th**  
Tap N Time
- Oct. 29th**  
Halloween Entertainment & Social with The Jeff Dunn Trio
- Oct. 31st**  
Halloween Social

## PROGRAM

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

Events are subject to change.