



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																										
31 OCTOBER 8:45 Daily Quote 9:30 Bone Builders 10:00 Word Games 11:00 Streaming Church Services 11:30 Read aloud 1:00 Walking group 2:00 D Gusakov & R Ceballos 3:00 Art Exploration 4:00 Mindful Meditation			1 8:45 Daily Quote 9:30 Bone Builders 10:00 Pictionary 11:00 Bird Watching Group 1:00 Walking group 2:00 Drawing group 3:00 Music Appreciation 4:30 High Stakes Bingo 6:00 Nails/Spa	2 8:45 Daily Quote 9:30 Bone Builders 10:00 Trivia 11:00 Read Aloud 1:00 Walking group 2:00 Would You Rather? 3:00 Classic Film Club 4:00 Mindful Meditation 6:00 Name That Tune!	3 8:45 Daily Quote 9:30 Bone Builders 10:00 Word Games 11:00 Streaming Church Services 11:30 Read aloud 1:00 Walking group 2:00 Woodchuck's Revenge 3:00 Art Exploration 4:00 Mindful Meditation	4 8:45 Daily Quote 9:00 Poetry Corner 9:30 Bone Builders 10:30 Artistic Expression 11:00 Barre Class 1:30 Word Within a Word 3:00 Music Appreciation 4:00 TED Talks 6:00 Monday Night Mystery	5 8:45 Daily Quote 9:30 Bone Builders 10:00 Art Exploration 11:00 Read Aloud 1:30 Tai Chi 2:30 Afternoon Tea 4:00 Categories 6:00 Musical Memories	6 8:45 Daily Quote 9:30 Bone Builders 10:00 Trivia 11:00 Read Aloud 1:30 Artistic Expression 2:30 Culinary Club 3:30 Tai Chi 4:00 Happy Hour 6:00 Carnegie Performance	7 8:45 Daily Quote 9:30 Bone Builders 10:00 Art Exploration 11:00 The Advice Column 1:00 Scenic/Homeward Bound 1:30 Barre Class 3:15 Name that tune! 4:00 Seated Yoga 6:00 Build a Flower	8 8:45 Daily Quote 9:30 Bone Builders 10:00 Pictionary 11:00 Bird Watching Group 1:00 Walking group 2:00 Drawing group 3:00 Music Appreciation 4:30 High Stakes Bingo 6:00 Nails/Spa	9 8:45 Daily Quote 9:30 Bone Builders 10:00 Trivia 11:00 Read Aloud 1:00 Walking group 2:00 Would You Rather? 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Engagement Opportunities

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Welcome to foliage season! As days get cooler and sweaters and jackets come out, we will be enjoying scenic rides and taking in the bright leaves. We have some amazing musical guests, and other stimulating programs planned. Hope to see you there!

PROGRAM

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