

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

31 OCTOBER

- 9:45 ■ Daily Chronicle
- 10:00 ■ Sunday Prayer
- 10:15 ■ Strength & Balance
- 11:00 ■ Music Trivia
- 1:30 ■ Sing Along
- 3:00 ■ Root Beer Float Social
- 3:30 ■ Prize Bingo
- 6:15 ■ Sit and Stretch



1

- 9:45 ■ Daily Chronicle
- 10:15 ■ Barre Exercise Class
- 11:00 ■ Name that Tune
- 1:30 ■ Paint and Sip
- 2:00 ■ Biography Read Aloud
- 2:30 ■ Sit & Stretch
- 3:00 ■ Happy Hour
- 3:30 ■ Prize Bingo

2

- 9:45 ■ Daily Chronicle
- 10:15 ■ Strength Training
- 11:00 ■ Spelling Bee
- 1:30 ■ Gardening Club
- 2:00 ■ Puzzles
- 3:00 ■ Sundae Social
- 4:00 ■ Move & Groove to Oldies
- 6:15 ■ Western Movie Night

3

- 9:45 ■ Daily Chronicle
- 10:00 ■ Sunday Prayer
- 10:15 ■ Strength & Balance
- 11:00 ■ Music Trivia
- 1:30 ■ Sing Along
- 3:00 ■ Root Beer Float Social
- 3:30 ■ Prize Bingo
- 6:15 ■ Sit and Stretch

4

- 9:45 ■ Daily Chronicle
- 10:15 ■ Get Fit
- 11:00 ■ Dictionary Game
- 1:30 ■ Nature Walk
- 1:30 ■ Scenic Ride
- 2:00 ■ Bakers Dozen
- 3:00 ■ Monday Mocktail Social
- 3:45 ■ Flashcard Challenge
- 4:30 ■ Meditative Tai Chi

5

- 9:45 ■ Daily Chronicle
- 10:15 ■ Strength Training
- 11:00 ■ Nail Spa
- 11:00 ■ Travel Tour
- 1:30 ■ Memory Lane
- 1:30 ■ Guess Who???
- 3:00 ■ Tea Party Social
- 4:00 ■ Comedy Hour
- 6:15 ■ Seated Yoga Stretch

6 Happy Birthday Louis!

- 9:45 ■ Daily Chronicle
- 10:15 ■ Barre Exercise Class
- 11:30 ■ Guess The Phrase
- 1:30 ■ Virtual Game Show
- 1:30 ■ Craft: Apple Terracotta Pots
- 2:30 ■ Sit & Stretch
- 3:00 ■ Music & Mocktails Social
- 4:00 ■ Finish The Lyrics

7

- 9:45 ■ Daily Chronicle
- 10:15 ■ Get Fit
- 11:00 ■ Arts and Culture
- 11:00 ■ Lunch Outing-Chili's Restaurant
- 1:30 ■ Chair Volleyball
- 2:00 ■ Cooks in the Kitchen
- 3:00 ■ Happy Hour
- 4:30 ■ Meditative Tai Chi
- 6:15 ■ Movie Musicals

8

- 9:45 ■ Daily Chronicle
- 10:15 ■ Barre Exercise Class
- 11:00 ■ Name that Tune
- 1:30 ■ Paint and Sip
- 2:00 ■ Biography Read Aloud
- 2:30 ■ Sit & Stretch
- 3:00 ■ Happy Hour
- 3:30 ■ Prize Bingo

9

- 9:45 ■ Daily Chronicle
- 10:15 ■ Strength Training
- 11:00 ■ Geography Bee
- 1:30 ■ Gardening Club
- 2:00 ■ Puzzles
- 3:00 ■ Sundae Social
- 4:00 ■ Move & Groove to Oldies
- 6:15 ■ Western Movie Night

10

- 9:45 ■ Daily Chronicle
- 10:00 ■ Sunday Prayer
- 10:15 ■ Strength & Balance
- 11:00 ■ Music Trivia
- 1:30 ■ Sing Along
- 3:00 ■ Root Beer Float Social
- 3:30 ■ Prize Bingo
- 6:15 ■ Sit and Stretch

11

- 9:45 ■ Daily Chronicle
- 10:15 ■ Get Fit
- 11:00 ■ Dictionary Game
- 1:30 ■ Nature Walk
- 1:30 ■ Scenic Ride
- 2:00 ■ Bakers Dozen
- 3:00 ■ Monday Mocktail Social
- 3:45 ■ Flashcard Challenge
- 4:30 ■ Meditative Tai Chi

12

- 9:45 ■ Daily Chronicle
- 10:15 ■ Strength Training
- 11:00 ■ Nail Spa
- 11:00 ■ Travel Tour
- 1:30 ■ Ceramics Class
- 1:30 ■ Memory Lane
- 1:30 ■ Guess Who???
- 3:00 ■ Tea Party Social
- 4:00 ■ Comedy Hour
- 6:15 ■ Seated Yoga Stretch

13

- 9:45 ■ Daily Chronicle
- 10:15 ■ Barre Exercise Class
- 11:30 ■ Guess The Phrase
- 1:30 ■ Virtual Game Show
- 1:30 ■ Craft: Button Tree
- 2:30 ■ Sit & Stretch
- 3:00 ■ Music & Mocktails Social
- 4:00 ■ Finish The Lyrics

14

- 9:45 ■ Daily Chronicle
- 10:15 ■ Get Fit
- 11:00 ■ Arts and Culture
- 1:30 ■ Chair Volleyball
- 1:30 ■ Ice Cream Trip
- 2:00 ■ Cooks in the Kitchen
- 3:00 ■ Happy Hour
- 4:30 ■ Meditative Tai Chi
- 6:15 ■ Movie Musicals

15

- 9:45 ■ Daily Chronicle
- 10:15 ■ Barre Exercise Class
- 11:00 ■ Name that Tune
- 1:30 ■ Paint and Sip
- 2:00 ■ Biography Read Aloud
- 2:30 ■ Sit & Stretch
- 3:00 ■ Happy Hour
- 3:30 ■ Prize Bingo

16

- 9:45 ■ Daily Chronicle
- 10:15 ■ Strength Training
- 11:00 ■ Spelling Bee
- 1:30 ■ Gardening Club
- 2:00 ■ Puzzles
- 3:00 ■ Sundae Social
- 4:00 ■ Move & Groove to Oldies
- 6:15 ■ Western Movie Night

17

- 9:45 ■ Daily Chronicle
- 10:00 ■ Sunday Prayer
- 10:15 ■ Strength & Balance
- 11:00 ■ Music Trivia
- 1:30 ■ Sing Along
- 3:00 ■ Root Beer Float Social
- 3:30 ■ Prize Bingo
- 6:15 ■ Sit and Stretch

18

- 9:45 ■ Daily Chronicle
- 10:15 ■ Get Fit
- 11:00 ■ Dictionary Game
- 1:30 ■ Nature Walk
- 1:30 ■ Scenic Ride
- 2:00 ■ Bakers Dozen
- 3:00 ■ Monday Mocktail Social
- 3:45 ■ Flashcard Challenge
- 4:30 ■ Meditative Tai Chi

19 Happy Birthday Ann!

- 9:45 ■ Daily Chronicle
- 10:15 ■ Strength Training
- 11:00 ■ Nail Spa
- 11:00 ■ Travel Tour
- 1:30 ■ Memory Lane
- 1:30 ■ Guess Who???
- 3:00 ■ Tea Party Social
- 4:00 ■ Comedy Hour
- 6:15 ■ Seated Yoga Stretch

20

- 9:45 ■ Daily Chronicle
- 10:15 ■ Barre Exercise Class
- 11:30 ■ Guess The Phrase
- 1:30 ■ Virtual Game Show
- 1:30 ■ Craft: Pinecone Animals
- 2:30 ■ Sit & Stretch
- 3:00 ■ Music & Mocktails Social
- 4:00 ■ Finish The Lyrics

21

- 9:45 ■ Daily Chronicle
- 10:15 ■ Get Fit
- 11:00 ■ Arts and Culture
- 1:30 ■ Resident Council Meeting
- 1:30 ■ Chair Volleyball
- 1:30 ■ Mani & Pedi Outing
- 2:00 ■ Cooks in the Kitchen
- 3:00 ■ Happy Hour
- 4:30 ■ Meditative Tai Chi
- 6:15 ■ Movie Musicals

22

- 9:45 ■ Daily Chronicle
- 10:15 ■ Barre Exercise Class
- 11:00 ■ Name that Tune
- 1:30 ■ Paint and Sip
- 2:00 ■ Biography Read Aloud
- 2:30 ■ Sit & Stretch
- 3:00 ■ Happy Hour
- 3:30 ■ Prize Bingo

23

- 9:45 ■ Daily Chronicle
- 10:15 ■ Strength Training
- 11:00 ■ Geography Bee
- 1:30 ■ Gardening Club
- 2:00 ■ Puzzles
- 3:00 ■ Sundae Social
- 4:00 ■ Move & Groove to Oldies
- 6:15 ■ Western Movie Night

24

- 9:45 ■ Daily Chronicle
- 10:00 ■ Sunday Prayer
- 10:15 ■ Strength & Balance
- 11:00 ■ Music Trivia
- 1:30 ■ Sing Along
- 3:00 ■ Root Beer Float Social
- 3:30 ■ Prize Bingo
- 6:15 ■ Sit and Stretch

25

- 9:45 ■ Daily Chronicle
- 10:15 ■ Get Fit
- 11:00 ■ Dictionary Game
- 1:30 ■ Nature Walk
- 1:30 ■ Scenic Ride
- 2:00 ■ Bakers Dozen
- 3:00 ■ Monday Mocktail Social
- 3:45 ■ Flashcard Challenge
- 4:30 ■ Meditative Tai Chi

26

- 9:45 ■ Daily Chronicle
- 10:15 ■ Strength Training
- 11:00 ■ Nail Spa
- 11:00 ■ Travel Tour
- 1:30 ■ Memory Lane
- 1:30 ■ Guess Who???
- 3:00 ■ Tea Party Social
- 4:00 ■ Comedy Hour
- 6:15 ■ Seated Yoga Stretch

27

- 9:45 ■ Daily Chronicle
- 10:15 ■ Barre Exercise Class
- 11:30 ■ Guess The Phrase
- 1:30 ■ Virtual Game Show
- 1:30 ■ Craft: Pumpkin carving
- 2:30 ■ Sit & Stretch
- 3:00 ■ Music & Mocktails Social
- 4:00 ■ Finish The Lyrics

28

- 9:45 ■ Daily Chronicle
- 10:15 ■ Get Fit
- 11:00 ■ Arts and Culture
- 1:30 ■ Chair Volleyball
- 2:00 ■ Cooks in the Kitchen
- 3:00 ■ Happy Hour
- 4:30 ■ Meditative Tai Chi
- 6:15 ■ Movie Musicals

29

- 9:45 ■ Daily Chronicle
- 10:15 ■ Barre Exercise Class
- 11:00 ■ Name that Tune
- 1:30 ■ Paint and Sip
- 2:00 ■ Biography Read Aloud
- 2:30 ■ Sit & Stretch
- 3:00 ■ Happy Hour
- 3:30 ■ Prize Bingo

30

- 9:45 ■ Daily Chronicle
- 10:15 ■ Strength Training
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- 2:00 ■ Puzzles
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- 6:15 ■ Western Movie Night

Reflections News

Our monthly resident support group will be held on **Thursday, October 21st** at 1:30pm in the Reflections Library.

PROGRAM

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

Events are subject to change.