

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

31 OCTOBER

- 9:45 ■ Motivation Fitness
- 10:00 ■ Potpourri Trivia & Facts
- 10:45 ■ Musical Expression
- 1:30 ■ Volley Balloon Game
- 3:00 ■ Word Findings & Jumbles
- 3:30 ■ Rhythm Stretch
- 6:30 ■ Geography Frontier



1

- 9:45 ■ Motivation Fitness
- 10:00 ■ Potpourri Trivia & Facts
- 10:45 ■ Baking with Brenda
- 1:30 ■ Conversation Ball
- 2:45 ■ What Does Not Belong?
- 3:30 ■ Bone Builders
- 7:00 ■ Finish This Phrase

2

- 9:45 ■ Motivation Fitness
- 10:00 ■ Potpourri Trivia & Facts
- 10:45 ■ Music & Reminisce
- 1:30 ■ Noodle Noise Social
- 2:45 ■ Conversation Cards
- 3:30 ■ Scarf Rhythm & Fitness
- 6:30 ■ Coffee & Candor

3

- 9:45 ■ Motivation Fitness
- 10:00 ■ Potpourri Trivia & Facts
- 10:45 ■ Musical Expression
- 1:30 ■ Volley Balloon Game
- 3:00 ■ Word Findings & Jumbles
- 3:30 ■ Rhythm Stretch
- 6:30 ■ Geography Frontier

4

- 9:45 ■ Motivation Fitness
- 10:00 ■ Potpourri Trivia & Facts
- 10:45 ■ Therapy Dog Hoku
- 1:30 ■ Barre & Balance Class
- 2:45 ■ Music with Corey
- 3:30 ■ The Game Scattergories
- 6:00 ■ Hand & Nail Care Spa

5

- 9:45 ■ Motivation Fitness
- 10:00 ■ Potpourri Trivia & Facts
- 10:45 ■ Nature Crafting
- 1:30 ■ Greater Community Outing
- 2:45 ■ Tuesday Trivia Teasers
- 3:30 ■ Strength & Balance
- 6:30 ■ Evening Puzzling Puzzles

6

- 9:45 ■ Motivation Fitness
- 10:00 ■ Potpourri Trivia & Facts
- 10:45 ■ Leaf Decoupage Prints
- 1:30 ■ Barre & Balance Class
- 2:45 ■ Word Jumbles w/ Pictures
- 3:30 ■ Bingo Game Social
- 6:30 ■ Social Photo Series

7

- 9:45 ■ Motivation Fitness
- 10:00 ■ Potpourri Trivia & Facts
- 10:45 ■ Sentimental Sing-Along
- 1:30 ■ Greater Community Outing
- 2:45 ■ Word Boggle Games
- 3:30 ■ Twist of Bowling Bingo
- 6:30 ■ Evening Story Social

8

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- 10:00 ■ Potpourri Trivia & Facts
- 10:45 ■ Baking with Brenda
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9

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- 10:45 ■ Music & Reminisce
- 1:30 ■ Noodle Noise Social
- 2:45 ■ Conversation Cards
- 3:30 ■ Scarf Rhythm & Fitness
- 6:30 ■ Coffee & Candor

10

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11

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- 10:00 ■ Potpourri Trivia & Facts
- 10:45 ■ Therapy Dog Hoku
- 1:30 ■ Barre & Balance Class
- 2:45 ■ Music with Corey
- 3:30 ■ The Game Scattergories
- 6:00 ■ Hand & Nail Care Spa

12

- 9:45 ■ Motivation Fitness
- 10:00 ■ Potpourri Trivia & Facts
- 10:45 ■ Nature Crafting
- 1:30 ■ Greater Community Outing
- 2:45 ■ Tuesday Trivia Teasers
- 3:30 ■ Strength & Balance
- 6:30 ■ Evening Puzzling Puzzles

13

- 9:45 ■ Motivation Fitness
- 10:00 ■ Potpourri Trivia & Facts
- 10:45 ■ Fox Leaf Craft
- 1:30 ■ Barre & Balance Class
- 2:45 ■ Word Jumbles w/ Pictures
- 3:30 ■ Bingo Game Social
- 6:30 ■ Social Photo Series

14

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- 10:00 ■ Potpourri Trivia & Facts
- 10:45 ■ Sentimental Sing-Along
- 1:30 ■ Greater Community Outing
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15

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16

- 9:45 ■ Motivation Fitness
- 10:00 ■ Potpourri Trivia & Facts
- 10:45 ■ Music & Reminisce
- 1:30 ■ Noodle Noise Social
- 2:45 ■ Conversation Cards
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17

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- 9:45 ■ Motivation Fitness
- 10:00 ■ Potpourri Trivia & Facts
- 10:45 ■ Therapy Dog Hoku
- 1:30 ■ Barre & Balance Class
- 2:45 ■ Music with Corey
- 3:30 ■ The Game Scattergories
- 6:00 ■ Hand & Nail Care Spa

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- 10:45 ■ Nature Crafting
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20

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- 10:00 ■ Potpourri Trivia & Facts
- 10:45 ■ Owl Nature Prints
- 1:30 ■ Barre & Balance Class
- 2:45 ■ Word Jumbles w/ Pictures
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21

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22

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23

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24

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26

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27

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- 10:00 ■ Potpourri Trivia & Facts
- 10:45 ■ Book Paper Pumpkins
- 1:30 ■ Barre & Balance Class
- 2:45 ■ Word Jumbles w/ Pictures
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- 6:30 ■ Social Photo Series

28

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29

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Welcome Friends

The leaves are starting to change, the air smells crisp. Invasion of Pumpkin Spice everything is upon us! It is time to say good bye to summer and hello Autumn.

We also welcome our new Executor Director, stay on the look out for a welcome invite!

PROGRAM

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