

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

31 OCTOBER

- 8:00 Rise & Shine Social
- 9:00 Daily Chronicle
- 10:00 Tai Chi
- 11:00 Sing-a-Long
- 1:00 US Landmarks
- 2:00 Music in Motion
- 3:00 Fact/Fiction
- 4:00 Trivia
- 6:00 Movie Matinee



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- 8:00 Rise & Shine Social
- 9:00 Tai Chi
- 10:00 A Picture Says 1,000 Words
- 11:00 Brain Fitness
- 1:00 Mindful Movements
- 2:00 Name That Old TV Show
- 3:00 Travel w/Rick Steves
- 4:00 Board Games
- 6:00 Movie Matinee

2

- 8:00 Rise & Shine Social
- 9:00 Chair Exercise w/ music
- 10:00 Are You Smarter Than a 5th Grader
- 11:00 Travel w/Rick Steves-Hawaii
- 1:00 Wand exercise to music
- 2:00 Ted Talk / Happiness
- 3:00 Words Within a Word
- 4:00 Our Great States

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- 8:00 Rise & Shine Social
- 9:00 Daily Chronicle
- 10:00 Tai Chi
- 11:00 Sing-a-Long
- 1:00 US Landmarks
- 2:00 Music in Motion
- 3:00 Boggle
- 4:00 Trivia
- 6:00 Movie Matinee

4

- 8:00 Rise & Shine Social
- 9:00 Barre Balancing
- 10:00 Morning Prayers
- 11:00 Deal or No Deal
- 1:00 Bone Builders
- 2:00 Hot Chocolate Bar Social
- 3:00 Let's Write a Poem
- 4:00 Finishing Lines
- 6:00 Movie Matinee

5

- 8:00 Rise & Shine Social
- 9:00 Weights Exercise class
- 10:00 Dunkin Donuts Social
- 11:00 Sentimental Reflections
- 1:00 Strength & Stability
- 2:00 Craft Corner
- 3:00 Scrabble Corner
- 4:00 I Remember When
- 6:00 Movie Matinee

6

- 8:00 Rise & Shine Social
- 9:00 Stretch Exercises
- 10:00 Country Traveling
- 11:00 Visit Our States
- 1:00 Chairobics
- 2:00 Karaoke and Cocktails
- 3:00 Spelling Bee
- 4:00 Gard Games
- 6:00 Movie Matinee

7

- 8:00 Rise & Shine Social
- 9:00 Barre Balancing
- 10:00 React Neuro
- 10:00 Words w/Friends
- 11:00 Sentimental Reflection
- 1:00 Parachute Fun
- 2:00 Happy Hour w/ music
- 3:00 Name That Old TV Jingle
- 4:00 Beat the Parents Game
- 6:00 Movie Matinee

8

- 8:00 Rise & Shine Social
- 9:00 Tai Chi
- 10:00 A Picture Says 1,000 Words
- 11:00 Brain Fitness
- 1:00 Play Catch
- 2:00 Name That Old TV Show
- 3:00 Travel w/Rick Steves
- 4:00 Board Games
- 6:00 Movie Matinee

9

- 8:00 Rise & Shine Social
- 9:00 Chair Exercise w/ music
- 10:00 Today's Top Stories
- 11:00 Visit the Neighbors
- 1:00 Puzzles
- 2:00 Tapping w/ Ted
- 3:00 Hangman
- 4:00 Our Great States
- 6:00 Movie Matinee

10

- 8:00 Rise & Shine Social
- 9:00 Mass TV
- 10:00 Tai Chi
- 11:00 Penne Ante
- 1:00 Bingo
- 2:00 Music in Motion
- 3:00 Words Within a Word
- 4:00 Trivia
- 6:00 Movie Matinee

11

- 8:00 Rise & Shine Social
- 9:00 Barre Balancing
- 10:00 Beverages and Brain Fitness
- 11:00 Jeopardy
- 1:00 Bone Builders
- 2:00 Daily Social Hour
- 3:00 Beauty Hour
- 4:00 Finishing Lines
- 6:00 Movie Matinee

12

- 8:00 Rise & Shine Social
- 9:00 Weights Exercise class
- 10:00 Culinary Club
- 11:00 Colorful Stories
- 1:00 Aqua Aerobics
- 2:00 Craft Corner
- 3:00 Words Within a Word
- 4:00 I Remember When
- 6:00 Movie Matinee

13

- 8:00 Rise & Shine Social
- 9:00 Stretch Exercises
- 10:00 Bananagrams
- 11:00 Down Memory Lane
- 1:00 Chairobics
- 2:00 Karaoke and Cocktails
- 3:00 Spelling Bee
- 4:00 Gard Games
- 6:00 Movie Matinee

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- 8:00 Rise & Shine Social
- 9:00 Barre Balancing
- 10:00 Words w/Friends
- 11:00 I Hear Memories
- 1:00 Living Strong
- 2:00 Happy Hour w/ music
- 3:00 Name That Old TV Jingle
- 4:00 Beat the Parents Game
- 6:00 Movie Matinee

15

- 8:00 Rise & Shine Social
- 9:00 Tai Chi
- 10:00 A Picture Says 1,000 Words
- 11:00 Brain Fitness
- 1:00 Mindful Movements
- 2:00 Name That Old TV Show
- 3:00 Travel w/Rick Steves
- 4:00 Board Games
- 6:00 Movie Matinee

16

- 8:00 Rise & Shine Social
- 9:00 Chair Exercise w/ music
- 10:00 Are You Smarter Than a 5th Grader
- 11:00 Travel w/Rick Steves-Florida
- 1:00 Wand exercise to music
- 2:00 Ted Talk / Happiness
- 3:00 Words Within a Word
- 4:00 Our Great States

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- 8:00 Rise & Shine Social
- 9:00 Daily Chronicle
- 10:00 Tai Chi
- 11:00 Sing-a-Long
- 1:00 US Landmarks
- 2:00 Parachute Fun
- 3:00 Boggle
- 4:00 Trivia
- 6:00 Movie Matinee

18

- 8:00 Rise & Shine Social
- 9:00 Barre Balancing
- 10:00 Beverages and Brain Fitness
- 11:00 Deal or No Deal
- 1:00 Bone Builders
- 2:00 Hot Chocolate Bar Social
- 3:00 Beauty Hour
- 4:00 Finishing Lines
- 6:00 Movie Matinee

19

- 8:00 Rise & Shine Social
- 9:00 Weights Exercise class
- 10:00 Dunkin Donuts Social
- 11:00 Sentimental Reflections
- 1:00 Strength & Stability
- 2:00 Craft Corner
- 3:00 What am I?
- 4:00 I Remember When
- 6:00 Movie Matinee

20

- 8:00 Rise & Shine Social
- 9:00 Stretch Exercises
- 10:00 Country Traveling
- 11:00 Visit Our States
- 1:00 Chairobics
- 2:00 Karaoke and Cocktails
- 3:00 Spelling Bee
- 4:00 Gard Games
- 6:00 Movie Matinee

21

- 8:00 Rise & Shine Social
- 9:00 Barre Balancing
- 10:00 Words w/Friends
- 11:00 Sentimental Reflection
- 1:00 Yoga
- 2:00 Happy Hour w/ music
- 3:00 Name That Old TV Jingle
- 4:00 Beat the Parents Game
- 6:00 Movie Matinee

22

- 8:00 Rise & Shine Social
- 9:00 Tai Chi
- 10:00 A Picture Says 1,000 Words
- 11:00 Brain Fitness
- 1:00 Play Catch
- 2:00 Name That Old TV Show
- 3:00 Travel w/Rick Steves
- 4:00 Board Games
- 6:00 Movie Matinee

23

- 8:00 Rise & Shine Social
- 9:00 Chair Exercise w/ music
- 10:00 Today's Top Stories
- 11:00 Visit the Neighbors
- 1:00 Bean Bag Toss
- 2:00 Surprise Yummy box
- 3:00 The Letter B
- 4:00 Our Great States
- 6:00 Movie Matinee

24

- 8:00 Rise & Shine Social
- 9:00 Mass TV
- 10:00 Tai Chi
- 11:00 Penne Ante
- 1:00 Bingo
- 2:00 Music in Motion
- 3:00 Words Within a Word
- 4:00 Trivia
- 6:00 Movie Matinee

25

- 8:00 Rise & Shine Social
- 9:00 Barre Balancing
- 10:00 Beverages and Brain Fitness
- 11:00 Jeopardy
- 1:00 Bone Builders
- 2:00 Daily Social Hour
- 3:00 Beauty Hour
- 4:00 Finishing Lines
- 6:00 Movie Matinee

26

- 8:00 Rise & Shine Social
- 9:00 Weights Exercise class
- 10:00 Second Cup Cafe
- 11:00 Colorful Stories
- 1:00 Aqua Aerobics
- 2:00 Craft Corner
- 3:00 Words Within a Word
- 4:00 I Remember When
- 6:00 Movie Matinee

27

- 8:00 Rise & Shine Social
- 9:00 Stretch Exercises
- 10:00 Resident Council
- 11:00 Bananagrams
- 1:00 Down Memory Lane
- 2:00 Chairobics
- 3:00 Karaoke and Cocktails
- 4:00 Spelling Bee
- 6:00 Gard Games
- 6:00 Movie Matinee

28

- 8:00 Rise & Shine Social
- 9:00 Barre Balancing
- 10:00 Words w/Friends
- 11:00 I Hear Memories
- 1:00 Living Strong
- 2:00 Happy Hour w/ music
- 3:00 Name That Old TV Jingle
- 4:00 Beat the Parents Game
- 6:00 Movie Matinee

29

- 8:00 Rise & Shine Social
- 9:00 Tai Chi
- 10:00 A Picture Says 1,000 Words
- 11:00 Brain Fitness
- 1:00 Mindful Movements
- 2:00 Name That Old TV Show
- 3:00 Travel w/Rick Steves
- 4:00 Board Games
- 6:00 Movie Matinee

30

- 8:00 Rise & Shine Social
- 9:00 Chair Exercise w/ music
- 10:00 How Many Words ?
- 11:00 Travel w/Rick Steves
- 1:00 Wand exercise to music
- 2:00 Ted Talk / Happiness
- 3:00 Unscramble the words
- 4:00 Our Great States
- 6:00 Movie Matinee

SMILE

Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all.

Stanley Horowitz

PROGRAM

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

Events are subject to change.