


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DAILY PROGRAMS Unless otherwise noted **Located on AL/escort required 9:15 Uplifting News/Events 10:15 Feeding of the Fish 10:30 AM Snack & Refresh 1:00 Daily Chronicles 2:30 Snack & Social 5:15 Mindful Unwind 5:40 Movie/Classic Series			1 9:45 Wake-up & Workout 11:00 Mini Shuffleboard 11:30 Word Games 1:30 Walk & Stretch 2:00 Worship Service & Communion w/ Rev. Cheryl 3:00 Who Sings It? 3:45 Baseball Toss	2 9:45 Morning Cardio 11:00 Live Music w/ Mike C. 1:30 Seated Yoga Crafter Corner: yarn pumpkins 2:00 Word Games 3:00 Poetry/Prose Mani-Cares 3:45 Pumpkin Toss	3 9:45 AM Exercise 10:45 Scenic Ride Nail Care/Reminisce 1:30 Seated Yoga 2:00 Brain Games 3:00 Sing Along Request 3:45 Bean Bag Toss 5:30 Nightcap & Movie	4 9:45 Wake-up & Workout 11:00 Music & Groove 1:30 Mindful Stretch 2:00 Prize Bingo 3:00 Armchair Travel/Discuss 3:45 Bowling Virtual Rosary (AP)
5 10:15 Communion w/ OLM 10:30 Hymns & Snack 11:00 Virtual. Service (YT) 11:30 Get up & Move 1:30 Sunday Scenic Ride 2:00 Brain Games 3:00 Finish the Song Lyrics 3:45 Quarterback Toss	6 9:45 Morning Zumba 11:00 Toss a Sock 11:30 Brain Games 1:30 Monday Move & Groove Crafter Corner 2:00 Word Games 3:00 "Reminisce & Now" 3:45 High Rollers Virtual Rosary	7 9:45 Wake-up & Workout 11:00 Tic-Tac-Toe Toss 11:30 Did You Know...Trivia 1:30 Mystery Ride Nails & Reminisce 2:30 Socialize & Snack 3:00 Sing Along 3:45 Balloon Volley	8 9:45 Wake-up & Workout 10:30 Little Farm Animals 11:30 Word Games 1:30 Walk & Stretch 2:00 "Life Story" Reminisce Crafter Corner 3:00 Who Sings It? 3:45 Baseball Toss	9 <i>Flu Clinic</i> 9:45 Morning Cardio 11:00 Soccer Goal 11:30 What/Who Am I 1:30 Seated Yoga Kitchen creations: Mini Pizza 2:00 Word Games 3:00 Poetry/Prose Mani-Cares 3:45 Pumpkin Toss	10 9:45 AM Exercise 10:45 Scenic Ride Nail Care/Reminisce 1:30 Seated Yoga 2:00 Brain Games 2:30 Music & Munchies w/ Don & Dave 3:30 Bean Bag Toss 5:30 Nightcap & Movie	11 9:45 Wake-up & Workout 11:00 Music & Groove 1:30 Mindful Stretch 2:00 Prize Bingo 3:00 Armchair Travel/Discuss 3:45 Bowling Virtual Rosary (AP)
12 10:15 Communion w/ OLM 10:30 Hymns & Snack 11:00 Virtual. Service (YT) 11:30 Get up & Move 1:30 Sunday Scenic Ride 2:00 Brain Games 3:00 Finish the Song Lyrics 3:45 Quarterback Toss	13 Columbus Day/ Indigenous People's Day 9:45 Morning Zumba 11:00 Toss a Sock 11:30 Brain Games/Trivia 1:30 Monday Move & Groove 2:00 Conversation Starters 3:00 "Reminisce & Now" 3:45 High Rollers Virtual Rosary	14 9:45 Wake-up & Workout 11:00 Tic-Tac-Toe Toss 11:30 Did You Know...Trivia 1:30 Mystery Ride Nails & Reminisce 2:30 Socialize & Snack 3:00 Sing Along 3:45 Balloon Volley	15 <i>Dr Golden Podiatry</i> 9:45 Wake-up & Workout 11:00 Mini Shuffleboard 11:30 Word Games 1:30 Walk & Stretch Crafter Corner 2:00 "Life Story" Reminisce 3:00 Who Sings It? 3:45 Baseball Toss	16 9:45 Morning Cardio 11:00 Soccer Goal 11:30 What/Who Am I 1:30 Seated Yoga Playbreak Crafter: Luminaries 2:00 Word Games 3:00 Poetry/Prose Mani-Cares 3:45 Pumpkin Toss	17 9:45 AM Exercise 10:45 Scenic Ride Nail Care/Reminisce 1:30 Seated Yoga 2:00 Brain Games 3:00 Sing Along Request 3:30 Bean Bag Toss 5:30 Nightcap & Movie	18 9:45 Wake-up & Workout 11:00 Music & Groove 1:30 Mindful Stretch 2:00 Prize Bingo 3:00 Armchair Travel/Discuss 3:45 Bowling Virtual Rosary (AP)
19 10:15 Communion w/ OLM 10:30 Hymns & Snack 11:00 Virtual. Service (YT) 11:30 Get up & Move 1:30 Sunday Scenic Ride 2:00 Brain Games 3:00 Finish the Song Lyrics 3:45 Quarterback Toss	20 9:45 Morning Zumba 11:00 Toss a Sock 11:30 Brain Games/Trivia 1:30 Monday Move & Groove Crafter Corner 1:30 OLM Mass** 2:00 Word Games 3:00 "Reminisce & Now" 3:45 High Rollers Virtual Rosary	21 9:45 Wake-up & Workout 11:00 Tic-Tac-Toe Toss 11:30 Did You Know...Trivia 1:30 Mystery Ride Nails & Reminisce 2:30 Socialize & Snack 3:00 Sing Along 3:45 Balloon Volley	22 9:45 Wake-up & Workout 11:00 Mini Shuffleboard 11:30 Word Games 1:30 Tap'n Time w/ Belle Puzzles & Artistry 3:00 Who Sings It? 3:45 Baseball Toss	23 9:45 Morning Cardio 10:30 Music & Munchies w/ Steve L. 11:30 What/Who Am I 1:00 Pumpkin Voting Begins** 1:30 Seated Yoga 2:00 Word Games 3:00 Poetry/Prose 3:45 Pumpkin Toss Mani-Cares	24 9:45 AM Exercise 10:45 Scenic Ride Nail Care/Reminisce 1:30 Seated Yoga 2:00 Brain Games 3:00 Sing Along Request 3:30 Bean Bag Toss 5:30 Nightcap & Movie	25 9:45 Wake-up & Workout 11:00 Music & Groove 1:30 Mindful Stretch 2:00 Prize Bingo 2:00-4:30 Kids Trick-or-Treat 3:00 Armchair Travel/Discuss 3:45 Bowling Virtual Rosary (AP)
26 10:15 Communion w/ OLM 10:30 Hymns & Snack 11:00 Virtual. Service (YT) 11:30 Get up & Move 1:30 Sunday Scenic Ride 2:00 Brain Games 3:00 Finish the Song Lyrics 3:45 Quarterback Toss	27 9:45 Morning Zumba 11:00 Toss a Sock 11:30 Brain Games/Trivia 1:30 Monday Move & Groove Crafter Corner: Teddy Bears 2:00 Word Games 3:00 "Reminisce & Now" 3:45 High Rollers Virtual Rosary	28 9:45 Wake-up & Workout 11:00 Tic-Tac-Toe Toss 11:30 Did You Know...Trivia 1:30 Special Outing Nails & Reminisce 2:30 Socialize & Snack 3:00 Sing Along 3:45 Balloon Volley	29 9:45 Wake-up & Workout 11:00 Mini Shuffleboard 11:30 Word Games 1:30 Walk & Stretch Crafter Corner 2:00 "Life Story" Reminisce 3:00 3:45 Baseball Toss	30 9:45 Morning Cardio 11:00 Live Music w/ Chris M. 1:30 Seated Yoga Kitchen Creations: parfait 2:00 Word Games 3:00 Poetry/Prose Mani-Cares 3:45 Pumpkin Toss	31 HALLOWEEN 9:45 AM Exercise 10:45 Scenic Ride Nail Care/Reminisce 1:30 Seated Yoga 2:00 Trivia & Treats 2:30 Spooky Festivities 3:00 Songs of Halloween 3:30 Pumpkin Toss 5:30 Holiday Movie & "Boos"	ASPECTS OF LIVING Cognitive Musical Life Enrichment Reminisce Health & Fitness Inspirational/Spiritual Social

Subject to change: Daily Schedules Made Available & Displayed in Community

All outings are weather permitting

MEAL TIMES: 12:00-1:00p; 4:30-5:30p