October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 Let's Talk About It 10:30 Exercise w/ Amani 11:00 Daily Chronicle Reading 11:30 Mind Aerobics' 1:30 Ball Toss 2:00 Brain Fitness IN2L 3:00 Afternoon Social 3:30 Game Time IN2L 4:30 Sing Along Susie Q IN2L
2 10:00 Inspirational Message 10:30 Stretch & Flex w/ Amani 11:00 Daily Chronicle Reading 11:30 Song of Praise & Inspiration 1:00 Parachute 2:00 IN2L Travel Tour 3:00 Afternoon Delight – Hot Tea 3:30 IN2L Games 4:30 Ball Toss/ IN2L Jukebox	**3** 10:00 Current Events 10:30 Morning Exercise 11:15 Daily Chronicle 11:30 This Day in History 1:00 Walking Club **1:45 Monday Matinee** **1st FL Movie Theater** 4:00 Chat & Relax 6:00 Games w/Andrea on Cedar Place (3rd FL)	**4** 10:00 Current Events 10:30 Morning Exercise 11:15 Daily Chronicle 11:30 This Day in History 1:00 Walking Club **1:45 Entertainment on Cedar Place(3rd Fl)** **Vintage Entertainment** 3:30 Afternoon Social 4:00 Adult Coloring Yom Kippur Begins	**5** 10:00 Current Events 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 This Day in History 1:00 Walking Club 2:00 National Geographic 3:00 Afternoon Social 4:00 Learn how to do Sudoku 4:30 Catholic Service 2nd Fl 6:00 Old Time Movies on Cedar	**6** 10:00 Current Events 10:30 Morning Exercise 11:15 Daily Chronicle 11:30 This Day in History 1:30 Balance Class w/ Vivian 2:00 Sing Along w/ Bob Kibler on Monterey Place 5th Fl 3:00 Afternoon Social 4:00 Summer Concert Series	**7** 10:00 Current Events 10:30 Boot Camp w/ Amani 11:00 Daily Chronicle Reading 11:30 This Day in History 1:00 Walking Club **2:00 Rush Hour Series International Music Foundation** 3:00 Social w/ Friends 3:30 Travel Tour	**8** 10:00 Let's Talk About It 10:30 Exercise w/ Zikia 11:00 Daily Chronicle Reading 11:30 Mind Aerobics' 1:30 Ball Toss 2:00 Brain Fitness IN2L 3:00 Afternoon Social 3:30 Game Time IN2L 4:30 Sing Along Susie Q IN2L
9 10:00 Inspirational Message 10:30 Stretch & Flex w/ Zikia 11:00 Daily Chronicle Reading 11:30 Song of Praise & Inspiration 1:00 Parachute 2:00 IN2L Travel Tour 3:00 Apple Cider Social 3:30 IN2L Games 4:30 Ball Toss/ IN2L Jukebox Sukkot Begins	**10** 10:00 Current Events 10:30 Morning Exercise 11:15 Daily Chronicle 11:30 This Day in History 1:00 Walking Club **1:45 Monday Matinee** **1st FL Movie Theater** 4:00 Chat & Relax 6:00 Games w/Andrea on Cedar Place (3rd FL) Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)	**11** 10:00 Current Events 10:30 Morning Exercise 11:15 Daily Chronicle 11:30 This Day in History 1:00 Walking Club **1:45 Entertainment on Cedar Place(3rd Fl)** 3:30 Afternoon Social 4:00 Adult Coloring	**12** 10:00 Current Events 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 This Day in History 1:00 Walking Club 2:00 National Geographic 3:00 Afternoon Social 4:00 Learn how to do Sudoku 4:30 Catholic Service 2nd Fl 6:00 Old Time Movies on Cedar	**13** 10:00 Current Events 10:30 Morning Exercise 11:15 Daily Chronicle 11:30 This Day in History 1:30 Balance Class w/ Vivian 2:00 Creative Arts – show your creative side 3:00 Afternoon Social 4:00 Summer Concert Series	**14** 10:00 Current Events 10:30 Boot Camp w/ Amani 11:00 Daily Chronicle Reading 11:30 This Day in History 1:00 Walking Club **2:00 Sing Along w/ Peter Francis on Monterey Place(5th Fl)** 3:00 Social w/ Friends 3:30 Travel Tour	**15** 10:00 Let's Talk About It 10:30 Exercise w/ Yamece 11:00 Daily Chronicle Reading 11:30 Mind Aerobics' 1:30 Walking Club 2:00 Brain Fitness IN2L 3:00 Afternoon Social 3:30 Game Time IN2L 4:30 Sing Along Susie Q IN2L
16 10:00 Inspirational Message 10:30 Stretch & Flex w/ Yamece 11:00 Daily Chronicle Reading 11:30 Song of Praise & Inspiration 1:00 Parachute 2:00 IN2L Travel Tour 3:00 Afternoon Delight – Hot Tea 3:30 IN2L Games 4:30 Ball Toss/ IN2L Jukebox	**17** 10:00 Current Events 10:30 Morning Exercise 11:15 Daily Chronicle 11:30 This Day in History 1:00 Walking Club **1:45 Monday Matinee** **1st FL Movie Theater** 4:00 Chat & Relax 6:00 Games w/Andrea on Cedar Place (3rd FL)	**18** 10:00 Current Events 10:30 Morning Exercise 11:15 Daily Chronicle 11:30 This Day in History 1:00 Walking Club **1:45 Entertainment on Cedar Place(3rd Fl)** 3:30 Afternoon Social 4:00 Adult Coloring Simchat Torah Begins	**19** 10:00 Current Events 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 This Day in History 1:00 Walking Club 2:00 National Geographic 3:00 Afternoon Social 4:00 Learn how to do Sudoku 4:30 Catholic Service 2nd Fl 6:00 Old Time Movies on Cedar	**20** 10:00 Current Events 10:30 Morning Exercise 11:15 Daily Chronicle 11:30 This Day in History 1:30 Balance Class w/ Vivian 2:00 Sing Along w/ Bob Kibler on Monterey Place 5th Fl 3:00 Afternoon Social 4:00 Summer Concert Series	**21** 10:00 Current Events 10:30 Boot Camp w/ Amani 11:00 Daily Chronicle Reading 11:30 This Day in History 1:00 Walking Club **2:00 Entertainment w/ Paul Jude On Cedar Place (3rd Fl)** 3:00 Social w/ Friends 3:30 Travel	**22** 10:00 Let's Talk About It 10:30 Exercise w/ Andrea 11:00 Daily Chronicle Reading 11:30 Mind Aerobics' 1:30 Ball Toss 2:00 Brain Fitness IN2L 3:00 Afternoon Social 3:30 Game Time IN2L 4:30 Sing Along Susie Q IN2L
23 10:00 Inspirational Message 10:30 Stretch & Flex w/ Andrea 11:00 Daily Chronicle Reading 11:30 Song of Praise & Inspiration 1:00 Parachute 2:00 IN2L Travel Tour 3:00 Apple Cider Social 3:30 IN2L Games 4:30 Ball Toss/ IN2L Jukebox	**24** 10:00 Current Events 10:30 Morning Exercise 11:15 Daily Chronicle 11:30 This Day in History 1:00 Walking Club **1:45 Monday Matinee** **1st FL Movie Theater** 4:00 Chat & Relax 6:00 Games w/Andrea on Cedar Place (3rd FL) Diwali (Hindi)	**25** 10:00 Current Events 10:30 Morning Exercise 11:15 Daily Chronicle 11:30 This Day in History 1:00 Walking Club **1:45 Entertainment on Cedar Place(3rd Fl)** 3:30 Afternoon Social 4:00 Adult Coloring	**26** 10:00 Current Events 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 This Day in History 1:00 Walking Club 2:00 National Geographic 3:00 Afternoon Social 4:00 Learn how to do Sudoku 4:30 Catholic Service 2nd Fl 6:00 Old Time Movies on Cedar	**27** 10:00 Current Events 10:30 Morning Exercise 11:15 Daily Chronicle 11:30 This Day in History 1:30 Balance Class w/ Vivian 2:00 Creative Arts – show your creative side 3:00 Afternoon Social 4:00 Summer Concert Series	**28** 10:00 Current Events 10:30 Boot Camp w/ Amani 11:00 Daily Chronicle Reading 11:30 This Day in History 1:00 Walking Club **2:00 Rush Hour Series International Music Foundation** 3:00 Social w/ Friends 3:30 National Geographic	**29** 10:00 Let's Talk About It 10:30 Exercise w/ Amani 11:00 Daily Chronicle Reading 11:30 Mind Aerobics' 1:30 Ball Toss 2:00 Brain Fitness IN2L 3:00 Afternoon Social 3:30 Game Time IN2L 4:30 Sing Along Susie Q IN2L
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ASPEN PLACE

RESIDENCES AT VANTAGE POINT ACTIVITIES CAN BE CHANGED WITHOUT NOTICE AT ANYTIME DUE TO RESIDENTS PREFERENCES