

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:00 Current Events <b>1</b> 10:30 Glider Sliders 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Boxing 2:00 Baking w/Friends 2:30 Catching up w/ CNN 3:30 National Geographic 4:30 Catholic Service 2 <sup>nd</sup> FL Yom Kippur Begins	10:00 Current Events <b>2</b> 10:30 Sit & be Fit 11:15 Daily Chronicle Reading 11:30 This Day in History 1:30 <b>Balance Class w/ Fitness</b> <b>1:30 Church Choir First Methodist Church - M</b> 3:00 Talk & Treat 3:30 Reminiscence 4:30 Residents Chat & Relax	10:00 Current Events <b>3</b> 10:30 Boot Camp w/ Weights 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Walking Club <b>2:00 Sing Along w/ Peter Francis - M</b> 3:00 Americas National Parks 3:30 Friday Social 4:00 Mindful Meditation	10:00 Travel Tour IN2L <b>4</b> 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L 2:30 It's Show Time 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music
10:00 Inspirational Program <b>5</b> 10:30 Stretch & Flex 11:00 Daily Readings 11:30 Songs of Inspiration & Praise 1:00 IN2L Travel Tour 1:30 Ball Toss 2:00 Get moving w/ Parachute 2:30 Finish the Phrase/Lyrics 3:30 Afternoon Social & Music 4:00 Meditation on IN2L	10:00 Current Events <b>6</b> 10:30 Armchair Exercise 11:15 Chronicle Reading 11:30 This day In History 1:00 Tai Chi <b>2:00 Monday Movie Beetlejuice</b> Snacks & Drink Provided 4:00 Mindful Meditation 4:30 TV Resident Choice Sukkot Begins	10:00 Current Events <b>7</b> 10:30 Morning Exercise 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Yoga <b>2:00 Entertainment 3rd FI with Vintage Entertainment</b> 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:00 Lifetime	10:00 Current Events <b>8</b> 10:30 Glider Sliders 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Boxing 2:00 Baking w/Friends 2:30 Catching up w/ CNN 3:30 National Geographic 4:30 Catholic Service 2 <sup>nd</sup> FL	10:00 Current Events <b>9</b> 10:30 Sit & be Fit 11:15 Daily Chronicle Reading 11:30 This Day in History <b>1:30 Balance Class w/ Fitness</b> <b>2:00 Entertainment - M with Bob Clark</b> 3:00 Talk & Treat 3:30 Sip & Create w/ Friends 4:30 Residents Chat & Relax	10:00 Current Events <b>10</b> 10:30 Boot Camp w/ Weights 11:15 Daily Chronicle Reading 11:30 This Day in History 12:00 Lunch in the Pub 1:00 Walking Club <b>2:00 Group Bingo - M</b> 3:00 Americas National Parks 3:30 Friday Social 4:00 Mindful Meditation	10:00 Travel Tour IN2L <b>11</b> 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L <b>2:00 Entertainment - M w/ Bruce Thomas</b> 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music
10:00 Inspirational Program <b>12</b> 10:30 Stretch & Flex 11:00 Daily Readings 11:30 Songs of Inspiration & Praise 1:00 IN2L Travel Tour 1:30 Ball Toss 2:00 Get moving w/ Parachute 2:30 Finish the Phrase/Lyrics <b>3:00 Unmute Concert</b> 4:00 Meditation on IN2L	10:00 Current Events <b>13</b> 10:30 Armchair Exercise 11:15 Chronicle Reading 11:30 This day In History 1:00 Tai Chi <b>2:00 Monday Movie Ghostbusters</b> Snacks & Drink Provided 4:00 Mindful Meditation 4:30 TV Resident Choice Indigenous Peoples' Day Columbus Day (U.S.)	10:00 Current Events <b>14</b> 10:30 Fitness w/ Marilyn 11:15 Daily Chronicle Reading 11:30 This Day in History <b>1:00 Book Club</b> <b>2:00 Entertainment 5th FI with Charles Lee</b> 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:00 Lifetime Simchat Torah Begins	10:00 Current Events <b>15</b> 10:30 Glider Sliders 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Boxing 2:00 Baking w/Friends 2:30 Catching up w/ CNN 3:30 National Geographic 4:30 Catholic Service 2 <sup>nd</sup> FL	10:00 <b>Resident Council</b> <b>16</b> 10:30 Sit & be Fit 11:15 Daily Chronicle Reading 11:30 This Day in History <b>1:30 Balance Class w/ Fitness</b> <b>2:00 Chicken Soup for the Soul Book or DVD</b> 3:00 Talk & Treat 3:30 Reminiscence 4:30 Residents Chat & Relax	10:00 Current Events <b>17</b> 10:30 Boot Camp w/ Weights 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Walking Club <b>1:30 Centers w/ Marilyn &amp; Friends - M</b> 3:00 Americas National Parks 3:30 Friday Social 4:00 Mindful Meditation	10:00 Travel Tour IN2L <b>18</b> 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L 2:30 It's Show Time 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music
10:00 Inspirational Program <b>19</b> 10:30 Stretch & Flex 11:00 Daily Readings 11:30 Songs of Inspiration & Praise 1:00 IN2L Travel Tour 1:30 Ball Toss 2:00 Get moving w/ Parachute 2:30 Finish the Phrase/Lyrics 3:30 Afternoon Social & Music 4:00 Meditation on IN2L	10:00 Current Events <b>20</b> 10:30 Armchair Exercise 11:15 Chronicle Reading 11:30 This day In History 1:00 Tai Chi <b>2:00 Monday Movie Germlins</b> Snacks & Drink Provided 4:00 Mindful Meditation 4:30 TV Resident Choice	10:00 Current Events <b>21</b> 10:30 Morning Exercise 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Yoga <b>2:00 Entertainment 5th FI with Steve Flynn</b> 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:00 Lifetime	10:00 Current Events <b>22</b> 10:30 Glider Sliders 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Boxing 2:00 Baking w/Friends 2:30 Catching up w/ CNN 3:30 National Geographic 4:30 Catholic Service 2 <sup>nd</sup> FL	10:00 Current Events <b>23</b> 10:30 Sit & be Fit 11:15 Daily Chronicle Reading 11:30 This Day in History <b>1:30 Balance Class w/ Fitness</b> <b>2:00 Sip &amp; Create w/ Friends</b> 3:00 Talk & Treat 3:30 Sip & Create w/ Friends 4:30 Residents Chat & Relax	10:00 Current Events <b>24</b> 10:30 Boot Camp w/ Weights 11:15 Daily Chronicle Reading 11:30 This Day in History 12:00 Lunch in the Pub 1:00 Breast Cancer Awareness <b>2:00 Entertainment 5<sup>th</sup> FI With DJ Randy - M</b> 3:00 Americas National Parks 3:30 Friday Social 4:00 Mindful Meditation	10:00 Travel Tour IN2L <b>25</b> 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L <b>2:00 Entertainment - M w/ VinBmusic</b> 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music
10:00 Inspirational Program <b>26</b> 10:30 Stretch & Flex 11:00 Daily Readings 11:30 Songs of Inspiration & Praise 1:00 IN2L Travel Tour 1:30 Ball Toss 2:00 Get moving w/ Parachute 2:30 Finish the Phrase/Lyrics 3:30 Afternoon Social & Music 4:00 Meditation on IN2L	10:00 Current Events <b>27</b> 10:30 Armchair Exercise 11:15 Chronicle Reading 11:30 This day In History 1:00 Tai Chi <b>2:00 Monday Movie Boo! A Madea Halloween</b> Snacks & Drink Provided 4:00 Mindful Meditation 4:30 TV Resident Choice	10:00 Current Events <b>28</b> 10:30 Fitness w/ Marilyn 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Yoga <b>2:00 Group Bingo</b> 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:00 Lifetime	10:00 Current Events <b>29</b> 10:30 Glider Sliders 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Boxing 2:00 Baking w/Friends 2:30 Catching up w/ CNN 3:30 National Geographic 4:30 Catholic Service 2 <sup>nd</sup> FL	10:00 Current Events <b>30</b> 10:30 Sit & be Fit 11:15 Daily Chronicle Reading 11:30 This Day in History <b>1:30 Balance Class w/ Fitness</b> 2:00 Sip & Create w/ Friends 3:00 Talk & Treat 3:30 Sip & Create w/ Friends 4:30 Residents Chat & Relax	10:00 Current Events <b>31</b> 10:30 Boot Camp w/ Weights 11:15 Daily Chronicle Reading 11:30 This Day in History 12:00 Lunch in the Pub 1:00 Walking Club <b>2:00 Entertainment 5<sup>th</sup> FI with Bob Clark - M</b> <b>3:30 Halloween Event Monster Mash along with games and Halloween Social</b> Halloween	