

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
10:00 Inspirational Program 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 Sing Along for Seniors 10:30 Morning Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Mindful Meditation IN2L 2:00 Monday Matinee The Phantom of the Opera Popcorn & Drink provided 4:00 Simply Seated with Curtis Adams <small>Sukkot Begins</small>	10:00 Finish the Nursery Rhyme 10:30 Sit & Be Fit 11:00 Daily Readings/ Short Stories 11:30 Finish the Phrase 1:00 Travel Tour on IN2L 2:00 Entertainment on Cedar Place (3rd Fl) w/ Vintage Entertainment 3:00 Crackers & Cheese Social 3:30 Get moving w/ Parachute 4:30 TV Time	10:00 Musical Instruments 10:30 Armchair Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Meditation on IN2L 1:30 Baking w/ Friends 2:30 Trivia w/ Marilyn & Friends 3:00 Afternoon Social 3:30 Shake Rattle & Roll 4:30 Catholic Service 2nd Fl <small>Yom Kippur Begins</small>	10:00 Sing Along for Seniors 10:30 Exercise w/ Weights 11:00 Daily Readings 11:30 Finish the Phrase 1:30 First Methodist Church Choir 3:00 COCO & Cookies 3:30 National Geographic 4:30 Ball Time 6:00 Resident/Staff Choice	10:00 Reminiscence - Sharing 10:30 Pool Noddle Exercises 11:00 Daily Readings 11:30 Brain Fitness 1:00 Meditation on IN2L 2:00 Sing Along w/ Peter Francis 3:00 Chips & Dip Social 3:30 Drive or Fly IN2L 4:00 Game Room Time 6:00 Resident/Staff Choice	10:00 Travel Tour IN2L 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 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 Sing Along for Seniors 10:30 Morning Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Mindful Meditation IN2L 2:00 Monday Matinee The Phantom of the Opera Popcorn & Drink provided 4:00 Simply Seated with Curtis Adams <small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)</small>	10:00 Finish the Nursery Rhyme 10:30 Sit & Be Fit 11:00 Daily Readings/ Short Stories 11:30 Finish the Phrase 1:00 Travel Tour on IN2L 2:00 Entertainment with Charles Lee 3:00 Crackers & Cheese Social 3:30 Get moving w/ Parachute 4:30 TV Time 6:00 Resident/Staff Choice <small>Simchat Torah Begins</small>	10:00 Musical Instruments 10:30 Armchair Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Meditation on IN2L 1:30 Baking w/ Friends 2:30 Trivia w/ Marilyn & Friends 3:00 Afternoon Social 3:30 Shake Rattle & Roll 4:30 Catholic Service 2nd Fl	10:00 Sing Along for Seniors 10:30 Exercise w/ Weights 11:00 Daily Readings 11:30 Finish the Phrase 1:00 Travel Tour on IN2L 2:00 Sing Along w/ Bob Kibler 3:00 COCO & Cookies 3:30 National Geographic 4:30 Ball Time 6:00 Resident/Staff Choice	10:00 Reminiscence - Sharing 10:30 Pool Noddle Exercises 11:00 Daily Readings 11:30 Brain Fitness 1:00 Meditation on IN2L 1:30 Centers w/ Marilyn & Friends - M 3:00 Friday Social 3:30 Drive or Fly IN2L 4:00 Game Room Time 6:00 Resident/Staff Choice	10:00 Travel Tour IN2L 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 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 Sing Along for Seniors 10:30 Morning Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Mindful Meditation IN2L 2:00 Monday Matinee Beetlejuice Popcorn & Drink provided 4:00 Simply Seated with Curtis Adams	10:00 Finish the Nursery Rhyme 10:30 Sit & Be Fit 11:00 Daily Readings/ Short Stories 11:30 Finish the Phrase 1:00 Travel Tour on IN2L 2:00 Entertainment with Steve Flynn 3:00 Crackers & Cheese Social 3:30 Get moving w/ Parachute 4:30 TV Time 6:00 Resident/Staff Choice	10:00 Musical Instruments 10:30 Armchair Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Meditation on IN2L 1:30 Baking w/ Friends 2:30 Trivia w/ Marilyn & Friends 3:00 Afternoon Social 3:30 Shake Rattle & Roll 4:30 Catholic Service 2nd Fl	10:00 Sing Along for Seniors 10:30 Exercise w/ Weights 11:00 Daily Readings 11:30 Finish the Phrase 1:00 Travel Tour on IN2L 2:00 Getting Creative 3:00 COCO & Cookies 3:30 National Geographic 4:30 Ball Time 6:00 Resident/Staff Choice	10:00 Reminiscence - Sharing 10:30 Pool Noddle Exercises 11:00 Daily Readings 11:30 Brain Fitness 1:00 Meditation on IN2L 2:00 Music by DJ Randy 3:00 Ice Cream Social 3:30 Drive or Fly IN2L 4:00 Game Room Time 6:00 Resident/Staff Choice	10:00 Travel Tour IN2L 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L 2:00 Entertainment - M w/ VinBmusic 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music
10:00 Inspirational Program 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 Sing Along for Seniors 10:30 Morning Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Mindful Meditation IN2L 2:00 Monday Matinee Ghostbusters Popcorn & Drink provided 4:00 Simply Seated with Curtis Adams	10:00 Finish the Nursery Rhyme 10:30 Sit & Be Fit 11:00 Daily Readings/Short Stories 11:30 Finish the Phrase 1:00 Travel Tour on IN2L 2:00 Andre Rieu 3:00 Snack & Chat 3:30 Get moving w/ Parachute 4:30 TV Time 6:00 Resident/Staff Choice	10:00 Musical Instruments 10:30 Armchair Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Meditation on IN2L 1:30 Baking w/ Friends 2:30 Trivia w/ Marilyn & Friends 3:00 Afternoon Social 3:30 Shake Rattle & Roll 4:30 Catholic Service 2nd Fl	10:00 Sing Along for Seniors 10:30 Exercise w/ Weights 11:00 Daily Readings 11:30 Finish the Phrase 1:00 Travel Tour on IN2L 2:00 Sing Along w/ Bob Kibler 3:00 COCO & Cookies 3:30 National Geographic 4:30 Ball Time 6:00 Resident/Staff Choice	10:00 Reminiscence - Sharing 10:30 Pool Noddle Exercises 11:00 Daily Readings 11:30 Halloween Trivia 1:00 Meditation on IN2L 2:00 Entertainment 5th Fl with Bob Clark 3:30 Halloween Event Monster Mash along with games and Halloween Social <small>Halloween</small>	<div>MONTEREY PLACE</div> 