

October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	9:30 Exercise 10:00 MANDOLIN 11:30 Lunch/Music 1:00 Chair Yoga 1:45 Meditation 2:00 Hand Massages 2:30 Snacks/Music 3:00 Tea Social 4:30 HARPIST & dinner	9:30 Exercise 10:00 Arts & Crafts 11:00 Soul Searching Radio 11:30 Lunch/Music 1:00 Chair Yoga 1:45 Meditation 2:00 Bingo! 3:00 Tea Social 4:30 Dinner/Calming Music	9:30 Exercise 10:00 PIANO with Jean 11:30 Lunch/Music 1:00 Chair Yoga 1:45 Meditation 2:30 Story Telling 3:00 Tea Social 5:30 Classic Music 6:00 Games	9:30 Exercise 10:00 Group Projects 11:00 Spelling Bee 11:30 Lunch/Music 1:00 Chair Yoga 1:45 Meditation 2:00 Bingo! 3:00 Tea Social 6:00 Reminiscing	9:30 Exercise 10:30 Snacks/Music 11:00 Sing-A-Long 11:30 Lunch/Music 1:00 Arts & Crafts 3:30 Games 6:00 Manicures	9:30 Exercise 10:30 Snacks/Music 11:00 Sing-A-Long 11:30 Lunch/Music 1:00 Tea Social 2:00 Snacks 2:30 Story Telling 3:00 Games 6:00 Movies & Popcorn
7	8	9	10	11	12	13
9:30 Exercise 10:00 St. Leanders 11:00 Arts and Crafts 11:30 Lunch/Music 1:00 Sequoia Church 1:45 Meditation 2:00 Ice Cream Social 3:30 Grace Bible 4:30 Dinner/Classical Music	9:30 Exercise 10:00 Art History 11:00 Hand Massage 11:30 Lunch/Music 1:00 Chair Yoga 1:45 Meditation 2:00 Name Recognition 2:30 Snacks/Music 3:00 Tea Social	9:30 Exercise 10:00 Arts & Crafts 11:00 Soul Searching Radio 11:30 Lunch/Music 1:00 Chair Yoga 1:45 Meditation 2:00 Bingo! 3:00 Tea Social 4:30 Dinner/Calming Music	9:30 Exercise 10:00 PIANO with Jean 11:30 Lunch/Music 1:00 Chair Yoga 1:45 Meditation 2:30 Story Telling 3:00 Tea Social 5:30 Classic Music 6:00 Games	9:30 Exercise 10:00 Group Projects 11:00 Spelling Bee 11:30 Lunch/Music 1:00 Chair Yoga 1:45 Meditation 2:00 Bingo! 3:00 Tea Social 6:00 Reminiscing	9:30 Exercise 10:30 Snacks/Music 11:00 Sing-A-Long 11:30 Lunch/Music 1:00 Arts & Crafts 2:30 GUITAR 3:30 Games 6:00 Manicures	9:30 Exercise 10:30 Snacks/Music 11:00 Sing-A-Long 11:30 Lunch/Music 1:00 Tea Social 1:30 KARAOKE 2:30 Story Telling 3:00 Games 6:00 Movies & Popcorn
14	15	16	17	18	19	20
9:30 Exercise 10:00 St. Leanders 11:00 Arts and Crafts 11:30 Lunch/Music 12:30 Chair Yoga 1:30 KARAOKE 2:30 Ice Cream Social 3:30 Book Reading 4:30 Dinner/Classical Music	9:30 Exercise 10:00 Art History 11:30 Lunch/Music 1:00 Chair Yoga 1:45 Meditation 2:00 Hand Massages 2:30 Snacks/Music 3:00 Tea Social 4:30 HARPIST & dinner	10:00 MANDOLIN 11:00 Soul Searching Radio 11:30 Lunch/Music 1:00 Chair Yoga 1:45 Meditation 2:00 Bingo! 3:00 Tea Social 4:30 Dinner/Calming Music 6:00 Reminiscing	9:30 Exercise 10:00 PIANO with Jean 11:30 Lunch/Music 1:00 Chair Yoga 1:45 Meditation 2:00 Math Games 3:00 Tea Social 5:30 Classic Music 6:00 Games	9:30 Exercise 10:00 Group Projects 11:00 Spelling Bee 11:30 Lunch/Music 1:00 Chair Yoga 1:45 Meditation 2:00 Bingo! 2:30 GUITAR 3:00 Tea Social 6:00 Reminiscing	9:30 Exercise 10:30 Snacks/Music 11:00 Sing-A-Long 11:30 Lunch/Music 1:00 Arts & Crafts 3:30 Games 6:00 Manicures	9:30 Exercise 10:30 Snacks/Music 11:00 Sing-A-Long 11:30 Lunch/Music 1:00 Tea Social 2:00 Snacks 2:30 Story Telling 3:00 Games 6:00 Movies & Popcorn
21	22	23	24	25	26	27
9:30 Exercise 10:00 St. Leanders 11:00 Arts and Crafts 11:30 Lunch/Music 1:00 Sequoia Church 1:45 Meditation 2:00 Ice Cream Social 3:30 Grace Bible 4:30 Dinner/Classical Music	9:30 Exercise 10:00 Art History 11:00 Hand Massage 11:30 Lunch/Music 1:00 Chair Yoga 1:45 Meditation 2:00 Group Projects 2:30 Snacks 3:00 Tea Social 4:30 HARPIST & dinner	9:30 Exercise 10:00 Arts & Crafts 11:00 Soul Searching Radio 11:30 Lunch/Music 1:00 Chair Yoga 1:45 Meditation 2:00 Bingo! 3:00 Tea Social 4:30 Dinner/Calming Music 6:00 Reminiscing	9:30 Exercise 10:00 PIANO with Jean 11:30 Lunch/Music 1:00 Chair Yoga 1:45 Meditation 2:00 Gardening 3:00 Tea Social 5:30 Classic Music 6:00 Games	9:30 Exercise 10:00 Group Projects 11:00 Spelling Bee 11:30 Lunch/Music 1:00 Chair Yoga 1:45 Meditation 2:00 Bingo! 3:00 Tea Social 6:00 Reminiscing	9:30 Exercise 10:30 Snacks/Music 11:00 Sing-A-Long 11:30 Lunch/Music 1:00 Arts & Crafts 2:30 GUITAR 3:30 Games 6:00 Manicures	9:30 Exercise 10:30 Snacks/Music 11:00 Sing-A-Long 11:30 Lunch/Music 1:00 Tea Social 1:30 KARAOKE 2:30 Story Telling 3:00 Games 6:00 Movies & Popcorn
28	29	30	31			
9:30 Exercise 10:00 St. Leanders 11:00 Arts and Crafts 11:30 Lunch/Music 12:30 Chair Yoga 1:30 KARAOKE 2:30 Ice Cream Social 3:30 Book Reading 4:30 Dinner/Classical Music	9:30 Exercise 10:00 Art History 11:00 Hand Massage 11:30 Lunch/Music 1:00 Chair Yoga 1:45 Meditation 2:00 Group Projects 2:30 Snacks 3:00 Tea Social 6:00 "Summer Stroll" Walk	RESIDENT COUNCIL MEETING 9AM 9:30 Exercise 10:00 Arts & Crafts 11:30 Lunch/Music 1:00 Chair Yoga 1:45 Meditation 2:00 Bingo! 3:00 Tea Social 6:00 Reminiscing	9:30 Exercise 10:00 PIANO with Jean 11:30 Lunch/Music 1:00 Chair Yoga 1:45 Meditation 2:00 Gardening 3:00 Tea Social 5:30 Classic Music 6:00 Games			