

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
825 W San Bernardino Rd Covina, CA 91722 626-967-9621	“As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness behind, I'd still be in prison.” — Nelson Mandela			9:15 Morning Stretch 10:00 Infusion Bar 10:30 Balloon Volleyball 1:00 Trivia with Nickle Man 2:30 Bingo Blast 3:30 Fall Wreath Project Challenge 4:30 Walking Challenge 5:30 Action Movies	9:15 Chair Exercise 10:00 Pop Up Shop with Tina Mean 10:30 Devotions with Bob & Shirley 11:00 True or False 1:00 Audiobook with Marta 2:00 Afternoon Tea 4:00 Yoga Flow 5:30 Residents' Choice Movies	9:15 Posture, Stretch & Balance 10:30 Brain Exercise: Unscramble Words 1:00 Bingo Game 2:00 Blackjack Game 3:00 Rummikub Game 3:30 Coffee Break & Discussions 4:00 Walking Club 5:30 Residents' Choice Movie
8:00 Religious Community in TV 8:30 Church Run 9:15 Meditation Circle 10:00 Treeval Word Game 1:15 Scenic Drive 1:30 Chicken Soup for the Soul 2:00 World of Color Bingo 3:30 Afternoon Serenade by D'mitri 5:30 Romantic Comedy Movies	9:15 Tai Chi 10:00 Board Game 11:30 Aquarium of the Pacific 1:00 Dominoes Tile Game 2:00 Jewelry Making 3:30 Celebrating Our Amazing Teachers 4:00 Walking Challenge 5:30 Documentary 6:00 Hand & Foot Game	9:15 Fit & Fun with Yamil 10:00 Card Game: 7-Up 10:30 Sing A Long with Ricky 1:30 Ambassadors Luncheon 2:30 Pumpkin Decorating 3:30 Halloween Stories 4:30 Walk & Stroll 5:30 Comedy Movies	Wear Pink for Breast Cancer Awareness 9:15 Chair Yoga with Garry 10:00 Shopping & Errands 10:30 Kickball 1:30 Crafty Club: Picture Perfect 2:00 Memory Games with Yamil 3:00 New Resident Welcome Social 4:00 Walking Meditations 5:30 Classic Movies	9:15 Morning Stretch 10:00 Infusion Bar 10:30 Balloon Volleyball 11:00 Brainstorming 1:00 Trivia with Nickle Man 2:30 Bingo Blast 3:30 Rummikub Game 4:30 Walking Challenge 5:30 Action Movies	9:15 Chair Exercise 10:30 Taste Testing 11:00 True or False 1:00 Audiobook with Marta 2:00 Afternoon Tea 3:30 Creative Art: Halloween Card Making 4:00 Yoga Flow 5:30 Residents' Choice Movies 6:00 Mexican Train	9:15 Posture, Stretch & Balance 10:00 Card Game 7-Up 10:00 Manicure Madness with Suzy 1:00 Bingo Game 2:00 Blackjack Game 3:00 Wings of Love 3:30 Coffee Break & Discussions 4:00 Walking Club 5:30 Residents' Choice Movie
8:00 Religious Community in TV 8:30 Church Run 9:15 Meditation Circle 10:00 Treeval Word Game 1:15 Scenic Drive 1:30 Chicken Soup for the Soul 2:00 World of Color Bingo 3:30 Afternoon Serenade by D'mitri 5:30 Romantic Comedy Movies	Columbus Day 9:15 Tai Chi 10:00 Shopping & Errands 1:00 Bingo 2:00 Jewelry Making 3:00 The Journey Across the Ocean 4:00 Walking Challenge 5:30 Documentary 6:00 Hand & Foot Game	9:15 Fit & Fun with Yamil 10:00 Card Game: 7-Up 10:30 Bean Toss 11:00 Unscramble Words 1:30 Women's Group: Meditations & Relaxation 2:30 Discussion: Women Who Inspire Us 3:30 Rummikub Game 4:30 Walk & Stroll 5:30 Comedy Movies	Wear Pink for Breast Cancer Awareness 9:15 Seated Fitness 10:00 Card Game: 7-Up 10:30 Brain Exercise 11:00 Outing: Robles Pumpkin Festival 1:00 Dominoes Tile Game 2:00 Memory Games with Yamil 3:30 Sentimental Serenity 4:00 Walking Meditations 5:30 Classic Movies	9:15 Morning Stretch 10:00 Infusion Bar 10:30 Balloon Volleyball 1:00 Trivia with Nickle Man 2:30 Bingo Blast 3:30 Rummikub Game 3:30 Scam Awareness & Prevention with Covina Police Dept. 4:30 Walking Challenge 5:30 Action Movies	9:15 Chair Exercise 10:30 Devotions with Bob & Shirley 11:00 True or False 1:00 Audiobook with Marta 2:00 Afternoon Tea 3:00 Yahtzee Game 4:00 Yoga Flow 5:30 Residents' Choice Movies 6:00 Mexican Train	9:15 Posture, Stretch & Balance 10:30 Brain Exercise: Unscramble Words 1:00 Bingo Game 2:00 Blackjack Game 3:00 Coffee Break & Discussions 3:00 Resident Council Meeting 4:00 Walking Club 5:30 Residents' Choice Movie
8:00 Religious Community in TV 8:30 Church Run 9:15 Meditation Circle 10:00 Brain Exercise: Word Search 10:00 Treeval Word Game 1:15 Scenic Drive 1:30 Chicken Soup for the Soul 2:00 World of Color Bingo 3:30 Afternoon Serenade by D'mitri 5:30 Romantic Comedy Movies	9:15 Tai Chi 10:00 Shopping & Errands 11:00 Walking Meditation 1:00 Bingo 2:00 Jewelry Making 3:30 Trivia: Halloween 4:00 Walking Challenge 5:30 Documentary 6:00 Hand & Foot Game	9:15 Fit & Fun with Yamil 10:00 Card Game: 7-Up 10:30 Seated Soccer 11:00 Brain Exercise: Word Search 1:30 Men's Group: Beers & Wings 2:30 Name That Tune 4:30 Pumpkin Decorating & Halloween Stories 4:30 Walk & Stroll 5:30 Comedy Movies	Wear Pink for Breast Cancer Awareness 9:15 Seated Fitness 10:00 Card Game: 7-Up 10:30 Brain Exercise 11:00 Pamper Me Pretty 1:00 Dominoes Tile Game 2:00 Memory Games with Yamil 4:00 Walking Meditations 5:30 Classic Movies	9:15 Morning Stretch 10:00 Infusion Bar 10:30 Balloon Volleyball 1:00 Trivia with Nickle Man 2:30 Bingo Blast 3:00 Chili Cook Off 3:30 Afternoon Music with Bub Villa 4:30 Walking Challenge 5:30 Action Movies	9:15 Chair Exercise 11:00 True or False 1:00 Audiobook with Marta 2:00 Afternoon Tea 3:00 Scrapbook Making 4:00 Yoga Flow 5:30 Residents' Choice Movies 6:00 Mexican Train 10:30 Balloon Toss	9:15 Posture, Stretch & Balance 10:30 Brain Exercise: Unscramble Words 1:00 Bingo Game 2:00 Blackjack Game 3:00 Rummikub Game 3:00 Wings of Love 3:30 Coffee Break & Discussions 4:00 Walking Club 5:30 Residents' Choice Movie
8:00 Religious Community in TV 8:30 Church Run 9:15 Meditation Circle 10:00 Brain Exercise: Word Search 10:00 Treeval Word Game 1:15 Scenic Drive 1:30 Chicken Soup for the Soul 2:00 World of Color Bingo 3:30 Worship Service with Pastor Carlos 5:30 Romantic Comedy Movies	9:15 Tai Chi 10:00 Shopping & Errands 11:00 Walking Meditation 1:00 Bingo 2:00 Jewelry Making 3:30 Yahtzee Game 4:00 Walking Challenge 5:30 Documentary 6:00 Hand & Foot Game	9:15 Fit & Fun with Yamil 10:00 Card Game: 7-Up 11:00 Brain Exercise: Word Search 1:30 Ambassadors Meeting 2:30 Name That Tune 3:30 Hoedown with Los Walkers 4:30 Walk & Stroll 5:30 Comedy Movies	Wear Pink for Breast Cancer Awareness 9:00 Outing: Morongo Casino 9:15 Seated Fitness 10:00 Board Game 10:30 Brain Exercise 1:00 Dominoes Tile Game 2:00 Memory Games with Yamil 4:30 Walking Meditations 5:00 Classic Movies 6:00 Night Owl Bingo	9:15 Morning Stretch 10:00 Infusion Bar 10:30 Balloon Volleyball 11:00 Food for Thought with Chef Francisco 1:00 Trivia with Nickle Man 2:30 Bingo Blast 4:30 Walking Challenge 5:30 Action Movies	9:15 Chair Exercise 11:00 True or False 1:00 Audiobook with Marta 2:00 Afternoon Tea 3:30 Resident Council Meeting 4:00 Yoga Flow 5:30 Residents' Choice Movies 6:00 Mexican Train	Halloween 9:15 Posture, Stretch & Balance 10:00 Bean Toss Challenge 10:30 Unscramble Words 1:00 Bingo Game 2:00 Blackjack Game 3:30 Halloween Party with Croon A Tune 4:00 Walking Club 5:30 Residents' Choice Movie