

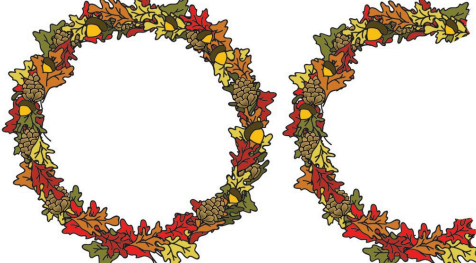


	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>WWW.SENIORLIFESTYLE.COM Activities are subject to change</p>  <p>a Senior Lifestyle community</p> <p>● CONNECT ● CONTRIBUTE ● FEEL ● GROW ● MOVE ● REFLECT</p> <p>Location Keys</p> <p>Activity Room - MC COURTYARD Dining Room Living Room - MC TV Room - MC</p> <p>Act C DR LR TVMC</p>	<p>October cont'd 31</p> <p>Halloween</p> <p>9:30 ● Holy Name Cathedral Mass (Ch 7)</p> <p>9:30 ● Morning Exercise [TVMC]</p> <p>10:30 ● Bingo [Act]</p> <p>1:00 ● After Lunch with Rick Steves [TVMC]</p> <p>2:00 ● Ice Cream Cart</p> <p>2:00 ● Movie Matinee [TVMC]</p> <p>4:00 ● Good News of the Day [TVMC]</p> <p>7:00 ● Lawrence Welk on Ch 21 [TVMC]</p>				<p>"You may have a fresh start any moment you choose, for this thing that we call 'failure' is not the falling down, but the staying down."</p> <p>— Mary Pickford</p>	<p>1</p> <p>9:30 ● Simply Stretch [TVMC]</p> <p>10:00 ● Music & Word Games [Act]</p> <p>10:15 Tai Chi with Francesca on Zoom [TVMC]</p> <p>11:00 ● Morning Chat: Short Story [Act]</p> <p>1:00 ● Have a Laugh! [TVMC]</p> <p>2:00 ● Bingo [TVMC]</p> <p>3:00 ● TGIF Social [Act]</p> <p>4:00 ● Sabbath Service [LR]</p> <p>6:30 ● Friday Nite at the Movies! [TVMC]</p>	<p>2</p> <p>9:30 ● Morning Exercise [TVMC]</p> <p>10:30 ● Classic TV (IN2L) [TVMC]</p> <p>1:00 ● Karaoke Singalong (IN2L) [TVMC]</p> <p>2:00 ● Saturday Afternoon Movie [TVMC]</p> <p>3:30 ● Saturday Snack & Chat [Act]</p> <p>4:00 ● Trivia Trivia Trivia [TVMC]</p> <p>6:30 ● Saturday Night Musical [TVMC]</p> <p>7:00 ● Lawrence Welk on Ch 21 [TVMC]</p>
	<p>3</p> <p>9:30 ● Holy Name Cathedral Mass (Ch 7)</p> <p>9:30 ● Morning Exercise [TVMC]</p> <p>10:30 ● Bingo [Act]</p> <p>1:00 ● After Lunch with Rick Steves [TVMC]</p> <p>2:00 ● Ice Cream Cart</p> <p>2:00 ● Movie Matinee [TVMC]</p> <p>4:00 ● Good News of the Day [TVMC]</p> <p>7:00 ● Lawrence Welk on Ch 21 [TVMC]</p>	<p>4</p> <p>9:30 ● Sit Down & Tone Up [TVMC]</p> <p>10:00 ● Dice Games: Five Alive [TVMC]</p> <p>10:15 Tai Chi with Francesca on Zoom [TVMC]</p> <p>11:00 ● Who/What Am I? [TVMC]</p> <p>1:00 ● Craft & Color: Card Making [Act]</p> <p>2:00 ● Picture This [TVMC]</p> <p>3:00 ● Biography & Beverages [TVMC]</p> <p>4:00 ● LWP Game Show! [TVMC]</p> <p>6:00 ● Monday Night Movie [TVMC]</p>	<p>5</p> <p>9:30 ● Morning Exercise [TVMC]</p> <p>10:00 ● This Week in History [TVMC]</p> <p>11:00 ● Dominoes [Act]</p> <p>1:00 ● Karaoke Singalong (IN2L) [TVMC]</p> <p>2:00 ● Bingo [Act]</p> <p>3:30 ● Fresh Fruit & Juice</p> <p>4:00 ● Drama Club [TVMC]</p> <p>6:00 ● Rowan & Martin's Laugh-In Ch 359 [TVMC]</p>	<p>Charlotte's Birthday 6</p> <p>9:30 ● Stronger Seniors Exercise [TVMC]</p> <p>10:00 ● Rhyming Bingo [Act]</p> <p>10:15 Tai Chi with Francesca on Zoom [TVMC]</p> <p>11:00 ● Balloon Volleyball [Act]</p> <p>1:00 ● After Lunch with Rick Steves [TVMC]</p> <p>2:00 ● Card Games: Go Fish [TVMC]</p> <p>3:00 ● Cookies & Coke</p> <p>4:00 ● Crossword Puzzles [TVMC]</p> <p>6:30 ● Wheel of Fortune Ch 7 [TVMC]</p>	<p>7</p> <p>9:30 ● Morning Exercise [TVMC]</p> <p>10:00 ● Build a Bear - Word Game [TVMC]</p> <p>11:00 ● Reminisce [TVMC]</p> <p>1:00 ● Classical Music Hour [Act]</p> <p>1:30 ● Thursday Concert Series [C]</p> <p>2:30 ● Thursday Matinee Movie</p> <p>3:00 ● Rootbeer Float Social</p> <p>4:00 ● Spa Time [Act]</p> <p>6:00 ● America Says on Ch 161 [TVMC]</p>	<p>8</p> <p>9:30 ● Simply Stretch [TVMC]</p> <p>10:00 ● Music & Word Games [Act]</p> <p>10:15 Tai Chi with Francesca on Zoom [TVMC]</p> <p>11:00 ● Morning Chat: Star of the Month [TVMC]</p> <p>1:00 ● Have a Laugh! [TVMC]</p> <p>2:00 ● Bingo [TVMC]</p> <p>3:00 ● TGIF Social [Act]</p> <p>4:00 ● Sabbath Service [LR]</p> <p>6:30 ● Friday Nite at the Movies! [TVMC]</p>	<p>9</p> <p>9:30 ● Morning Exercise [TVMC]</p> <p>10:30 ● Classic TV (IN2L) [TVMC]</p> <p>1:00 ● Karaoke Singalong (IN2L) [TVMC]</p> <p>2:00 ● Saturday Afternoon Movie [TVMC]</p> <p>3:30 ● Saturday Snack & Chat [Act]</p> <p>4:00 ● Trivia Trivia Trivia [TVMC]</p> <p>6:30 ● Saturday Night Musical [TVMC]</p> <p>7:00 ● Lawrence Welk on Ch 21 [TVMC]</p>
	<p>10</p> <p>9:30 ● Holy Name Cathedral Mass (Ch 7)</p> <p>9:30 ● Morning Exercise [TVMC]</p> <p>10:30 ● Bingo [Act]</p> <p>1:00 ● After Lunch with Rick Steves [TVMC]</p> <p>2:00 ● Ice Cream Cart</p> <p>2:00 ● Movie Matinee [TVMC]</p> <p>4:00 ● Good News of the Day [TVMC]</p> <p>7:00 ● Lawrence Welk on Ch 21 [TVMC]</p>	<p>Columbus Day 11</p> <p>9:30 ● Sit Down & Tone Up [TVMC]</p> <p>10:00 ● Dice Games: Bunco [Act]</p> <p>10:15 Tai Chi with Francesca on Zoom [TVMC]</p> <p>11:00 ● Who/What Am I? [TVMC]</p> <p>1:00 ● Arts & Crafts: Beads & Bracelets [Act]</p> <p>2:00 ● EZ Music [TVMC]</p> <p>3:00 ● Biography & Beverages [TVMC]</p> <p>4:00 ● LWP Game Show! [TVMC]</p> <p>6:00 ● Monday Night Movie [TVMC]</p>	<p>12</p> <p>9:30 ● Morning Exercise [TVMC]</p> <p>10:00 ● This Week in History [TVMC]</p> <p>11:00 ● Crosswords & Word Searches [Act]</p> <p>1:00 ● Karaoke Singalong (IN2L) [TVMC]</p> <p>2:00 ● Bingo [Act]</p> <p>3:30 ● Fresh Fruit & Juice</p> <p>4:00 ● Scattergories [TVMC]</p> <p>4:00 ● Spelling Bee [TVMC]</p> <p>6:00 ● Rowan & Martin's Laugh-In Ch 359 [TVMC]</p>	<p>13</p> <p>9:30 ● Stronger Seniors Exercise [TVMC]</p> <p>10:00 ● Math Bingo [Act]</p> <p>10:15 Tai Chi with Francesca on Zoom [TVMC]</p> <p>11:00 ● Bean Bag Toss [TVMC]</p> <p>1:00 ● After Lunch with Rick Steves [TVMC]</p> <p>2:00 ● Let's Play Cards [Act]</p> <p>3:00 ● Cookies & Coke</p> <p>4:00 ● Scattergories [Act]</p> <p>6:30 ● Wheel of Fortune Ch 7 [TVMC]</p>	<p>14</p> <p>9:30 ● Morning Exercise [TVMC]</p> <p>10:00 ● Boggle - Mixed-up Words [TVMC]</p> <p>11:00 ● Reminisce [TVMC]</p> <p>1:00 ● Classical Music Hour [Act]</p> <p>1:30 ● Thursday Concert Series [C]</p> <p>2:30 ● Thursday Matinee Movie</p> <p>3:00 ● Rootbeer Float Social</p> <p>4:00 ● Spa Time [Act]</p> <p>6:00 ● America Says on Ch 161 [TVMC]</p>	<p>15</p> <p>9:30 ● Simply Stretch [TVMC]</p> <p>10:00 ● Music & Word Games [Act]</p> <p>10:15 Tai Chi with Francesca on Zoom [TVMC]</p> <p>11:00 ● Morning Chat: Remember This [TVMC]</p> <p>1:00 ● Have a Laugh! [TVMC]</p> <p>2:00 ● Bingo [TVMC]</p> <p>3:00 ● TGIF Social [Act]</p> <p>4:00 ● Sabbath Service [LR]</p> <p>6:30 ● Friday Nite at the Movies! [TVMC]</p>	<p>16</p> <p>9:30 ● Morning Exercise [TVMC]</p> <p>10:30 ● Classic TV (IN2L) [TVMC]</p> <p>1:00 ● Karaoke Singalong (IN2L) [TVMC]</p> <p>2:00 ● Saturday Afternoon Movie [TVMC]</p> <p>3:30 ● Saturday Snack & Chat [Act]</p> <p>4:00 ● Trivia Trivia Trivia [TVMC]</p> <p>6:30 ● Saturday Night Musical [TVMC]</p> <p>7:00 ● Lawrence Welk on Ch 21 [TVMC]</p>
	<p>17</p> <p>9:30 ● Holy Name Cathedral Mass (Ch 7)</p> <p>9:30 ● Morning Exercise [TVMC]</p> <p>10:30 ● Bingo [Act]</p> <p>1:00 ● After Lunch with Rick Steves [TVMC]</p> <p>2:00 ● Ice Cream Cart</p> <p>2:00 ● Movie Matinee [TVMC]</p> <p>4:00 ● Good News of the Day [TVMC]</p> <p>7:00 ● Lawrence Welk on Ch 21 [TVMC]</p>	<p>18</p> <p>9:30 ● Sit Down & Tone Up [TVMC]</p> <p>10:00 ● Dice Games: Yahtzee [Act]</p> <p>10:15 Tai Chi with Francesca on Zoom [TVMC]</p> <p>11:00 ● Who/What Am I? [TVMC]</p> <p>1:00 ● Color Me Mandala [Act]</p> <p>2:00 ● Puzzles & Ponderings [Act]</p> <p>3:00 ● Biography & Beverages [TVMC]</p> <p>4:00 ● LWP Game Show! [TVMC]</p> <p>6:00 ● Monday Night Movie [TVMC]</p>	<p>19</p> <p>9:30 ● Morning Exercise [TVMC]</p> <p>10:00 ● This Week in History [TVMC]</p> <p>11:00 ● Scrabble: 21 Tiles [TVMC]</p> <p>1:00 ● Karaoke Singalong (IN2L) [TVMC]</p> <p>2:00 ● Bingo [Act]</p> <p>3:30 ● Fresh Fruit & Juice</p> <p>4:00 ● Math Quiz [TVMC]</p> <p>6:00 ● Rowan & Martin's Laugh-In Ch 359 [TVMC]</p>	<p>20</p> <p>9:30 ● Stronger Seniors Exercise [TVMC]</p> <p>10:00 ● Card Bingo [Act]</p> <p>10:15 Tai Chi with Francesca on Zoom [TVMC]</p> <p>11:00 ● Bocce Ball [TVMC]</p> <p>1:00 ● After Lunch with Rick Steves [TVMC]</p> <p>2:00 ● Let's Play Cards [Act]</p> <p>3:00 ● Cookies & Coke</p> <p>4:00 ● Build a Bear - Word Game [TVMC]</p> <p>6:30 ● Wheel of Fortune Ch 7 [TVMC]</p>	<p>21</p> <p>9:30 ● Morning Exercise [TVMC]</p> <p>10:00 ● Group Crossword [TVMC]</p> <p>11:00 ● Reminisce [TVMC]</p> <p>1:00 ● Classical Music Hour [Act]</p> <p>1:30 ● Thursday Concert Series [C]</p> <p>2:30 ● Thursday Matinee Movie</p> <p>3:00 ● Rootbeer Float Social</p> <p>4:00 ● Spa Time [Act]</p> <p>6:00 ● America Says on Ch 161 [TVMC]</p>	<p>22</p> <p>9:30 ● Simply Stretch [TVMC]</p> <p>10:00 ● Morning Chat: Travelogue [TVMC]</p> <p>10:00 ● Music & Word Games [Act]</p> <p>10:15 Tai Chi with Francesca on Zoom [TVMC]</p> <p>1:00 ● Have a Laugh! [TVMC]</p> <p>2:00 ● Bingo [TVMC]</p> <p>3:00 ● TGIF Social [Act]</p> <p>4:00 ● Sabbath Service [LR]</p> <p>6:30 ● Friday Nite at the Movies! [TVMC]</p>	<p>23</p> <p>9:30 ● Morning Exercise [TVMC]</p> <p>10:30 ● Classic TV (IN2L) [TVMC]</p> <p>1:00 ● Karaoke Singalong (IN2L) [TVMC]</p> <p>2:00 ● Saturday Afternoon Movie [TVMC]</p> <p>3:30 ● Saturday Snack & Chat [Act]</p> <p>4:00 ● Trivia Trivia Trivia [TVMC]</p> <p>6:30 ● Saturday Night Musical [TVMC]</p> <p>7:00 ● Lawrence Welk on Ch 21 [TVMC]</p>
	<p>24</p> <p>9:30 ● Holy Name Cathedral Mass (Ch 7)</p> <p>9:30 ● Morning Exercise [TVMC]</p> <p>10:30 ● Bingo [Act]</p> <p>1:00 ● After Lunch with Rick Steves [TVMC]</p> <p>2:00 ● Ice Cream Cart</p> <p>2:00 ● Movie Matinee [TVMC]</p> <p>4:00 ● Good News of the Day [TVMC]</p> <p>7:00 ● Lawrence Welk on Ch 21 [TVMC]</p>	<p>25</p> <p>9:30 ● Sit Down & Tone Up [TVMC]</p> <p>10:00 ● Dice Games: Five Alive [TVMC]</p> <p>10:15 Tai Chi with Francesca on Zoom [TVMC]</p> <p>11:00 ● Who/What Am I? [TVMC]</p> <p>1:00 ● Color & Craft: Door Decor [Act]</p> <p>2:00 ● Reminiscence with the Senses [TVMC]</p> <p>3:00 ● Biography & Beverages [TVMC]</p> <p>4:00 ● LWP Game Show! [TVMC]</p> <p>6:00 ● Monday Night Movie [TVMC]</p>	<p>26</p> <p>9:30 ● Morning Exercise [TVMC]</p> <p>10:00 ● This Week in History [TVMC]</p> <p>11:00 ● Jigsaw Puzzles [Act]</p> <p>12:00 ● Pizza Party [DR]</p> <p>1:00 ● Karaoke Singalong (IN2L) [TVMC]</p> <p>2:00 ● Bingo [Act]</p> <p>3:30 ● Fresh Fruit & Juice</p> <p>4:00 ● Geography [TVMC]</p> <p>6:00 ● Rowan & Martin's Laugh-In Ch 359 [TVMC]</p>	<p>27</p> <p>9:30 ● Stronger Seniors Exercise [TVMC]</p> <p>10:00 ● Rhyming Bingo [Act]</p> <p>10:15 Tai Chi with Francesca on Zoom [TVMC]</p> <p>11:00 ● Balloon Volleyball [Act]</p> <p>1:00 ● After Lunch with Rick Steves [TVMC]</p> <p>2:00 ● Let's Play Cards [Act]</p> <p>3:00 ● Cookies & Coke</p> <p>4:00 ● Boggle - Mixed-up Words [TVMC]</p> <p>6:30 ● Wheel of Fortune Ch 7 [TVMC]</p>	<p>28</p> <p>9:30 ● Morning Exercise [TVMC]</p> <p>10:15 ● Scattergories [TVMC]</p> <p>11:00 ● Reminisce [TVMC]</p> <p>1:00 ● Classical Music Hour [Act]</p> <p>1:30 ● Thursday Concert Series [C]</p> <p>2:30 ● Thursday Matinee Movie</p> <p>3:00 ● Rootbeer Float Social</p> <p>4:00 ● Spa Time [Act]</p> <p>6:00 ● America Says on Ch 161 [TVMC]</p>	<p>29</p> <p>9:30 ● Simply Stretch [TVMC]</p> <p>10:00 ● Music & Word Games [Act]</p> <p>10:15 Tai Chi with Francesca on Zoom [TVMC]</p> <p>11:15 ● Resident Council Meeting [LR]</p> <p>1:00 ● Have a Laugh! [TVMC]</p> <p>2:00 ● Bingo [TVMC]</p> <p>2:00 ● School Time: Literature [TVMC]</p> <p>3:00 ● Halloween Social Hour [Act]</p> <p>4:00 ● Sabbath Service [LR]</p> <p>6:30 ● Friday Nite at the Movies! [TVMC]</p>	<p>30</p> <p>9:30 ● Morning Exercise [TVMC]</p> <p>10:30 ● Classic TV (IN2L) [TVMC]</p> <p>1:00 ● Karaoke Singalong (IN2L) [TVMC]</p> <p>2:00 ● Saturday Afternoon Movie [TVMC]</p> <p>3:30 ● Saturday Snack & Chat [Act]</p> <p>4:00 ● Trivia Trivia Trivia [TVMC]</p> <p>6:30 ● Saturday Night Musical [TVMC]</p> <p>7:00 ● Lawrence Welk on Ch 21 [TVMC]</p>

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