October 2021 Monthly Activities **Active Aging Month** Sunday Monday Tuesday Wednesday Thursday Friday Saturday October cont'd World Smile Day 9:30 • Walk it While "You may have a fresh vou Talk it! 9:30 • Chair Exercise 10:00 🍴 Thymeless start any moment you 9:30 • Chair Dancing [DH] Garden Club [Outdoors] 10:00 🍴 Thymeless Garden Club 10:00 Thymeless Garden 10:30 • Ring Toss [ACT] choose, for this thing [Outdoors] Club [Outdoors] 11:00 • Trivia [ACT] 11:00 • The Daily Chronicle [ACT] nbrace 10:30 👺 Spooktacular Social ILRI that we call "failure" is 2:30 | Thymeless Cooking Club 1:30 Social Group [MCP] 11:00 • Beanbag Toss [DH] 2:30 Thymeless Cooking Club not the falling down, 1:30 • Coffee and Chat [DH] 3:00 Saturday Matinee [LR] 2:30 | Thymeless Cooking Club [DH] but the staying down." 6:30 • Puzzles & Word Search Trick-or-Treat 3-5 3:30 • Manicures [ACT] WWW.SENIORLIFESTYLE.COM [ACT] 4:00 Spooky Bingo [DH] 4:00 • Active Games [ACT] - Mary Pickford 6:30 • Sunday Evening Social [MCP] Activities are subject to change 6:30 👺 Family Feud [LR] World Teachers' Day
9:30 Let's Shake it! [ACT] World Animal Day 9:30 • Chair Dancing 9:30 Morning Stretches 9:30 • Stretching to the 9:30 • Chair Exercise 9:30 • Walk it While classics [DH] 9:30 • Chair yoga [ACT] [DH] [ACT] you Talk it! 10:00 | Thymeless 10:00 | Thymeless Garden 10:00 🍴 Thymeless 10:00 👺 This Day In 10:00 Thymeless 10:00 | Thymeless Garden 10:00 Thymeless Club [Outdoors] Club [Outdoors] History [ACT] **Garden Club Garden Club** Garden Club Garden Club [Outdoors] [Outdoors] 10:30 • This Day In History [ACT] 10:30 • Arts and Crafts [ACT] [Outdoors] 10:30 🍴 Thymeless Cooking Club [Outdoors] 10:30 • Ring Toss [ACT] **HAWTHORNE** 10:30 😤 Spooky movie Sunday- Hocus 10:30 • Animals-Trivia [ACT] 11:00 • Bowling [DH] 11:00 • let's go for a walk 10:30 Morning Stroll 11:00 😤 Arts and Crafts [ACT] 1:30 • Beautiful Nails [ACT] pocus [LR] 1:30 • Chicken Soup for the Soul [Z] 11:00 • soccer Game [DH] 11:00 • Basketball [DH] 11:00 • The Daily Chronicle [ACT] **GARDENS** 2:30 Thymeless Cooking Club 2:30 | Thymeless Cooking Club [DH] 1:30 • Coffee and Chat [DH] 2:30 | Thymeless Cooking Club [DH] 1:30 Bookmarks [NW] 1:30 • Painting Class [ACT] 1:30 Social Group [MCP] 3:00 • Animal Treats for Local Shelter 2:30 | Thymeless Cooking Club 3:00 • Dominos [ACT] 2:30 Thymeless Cooking Club 2:30 | Thymeless Garden Club [TG] 2:30 | Thymeless Cooking Club a Senior Lifestyle community 3:00 😤 Saturday Matinee [LR] 3:30 • Painting Group-Pumpkins [ACT 3:30 • Arts and Crafts [ACT] 4:00 • Coloring Pictures/ Puzzles [ACT] 6:30 \* Wheel of Fortune [LR] 6:30 • Puzzles & Word Search 3:00 • Beanbag Toss [DH] 3:00 Neighborhood Walk 3:30 Manicures [ACT] 6:30 • The Andy Griffith Show [LR] 6:30 • Bewitched (Episodes) [LR] 4:00 • Bingo [DH] 4:00 • Welcome Wagon [ACT] 4:00 👺 Yappy Hour [OP1] 6:30 • Sunday Evening Social [MCP] 6:30 🍄 Family Feud [LR] 6:30 • I Love Lucy [LR] 9:30 • Let's Shake it! [ACT] 9:30 • Chair Exercise [ACT] World Mental Health Day **Columbus Day Navy Birthday** 9:30 • Stretching to 9:30 • Walk it While 9:30 • Chair yoga [ACT] 10:00 | Thymeless Garden 10:00 | Thymeless Garden \*BOOKMARKS 9:30 • Morning Stretches the classics you Talk it! 9:30 • Chair Dancing Club [Outdoors] Club [Outdoors] 10:00 🍴 Thymeless Garden [DH] [HD] 10:00 Thymeless \*THYMELESS Club (Outdoors) 10:30 🁺 Do you remember ? 10:30 Morning Stroll 10:00 🍴 Thymeless Garden Club 10:00 🍴 Thymeless Garden Club 10:30 🍴 Thymeless Cooking Club Garden Club [Outdoors] 1:00 • The Daily Chronicle [ACT] 10:30 • This Day In History [ACT] CONNECT [Outdoors] [Outdoors] 10:30 • Ring Toss [ACT] 11:00 • let's go for a walk 1:30 Social Group [MCP] 11:00 • Bowling [DH] Spooky movie Sunday-10:30 • Animals-Trivia [ACT] 11:00 • Basketball [DH] 11:00 • Trivia [ACT] CONTRIBUTE 1:30 • Chicken Soup for the Soul [Z] 1:30 • Beautiful Nails [ACT] 2:30 | Thymeless Cooking Club [DH] Casper [LR] 11:00 • soccer Game [DH] 1:30 • Hand Massage [ACT] 2:30 Thymeless Cooking Club 2:30 | Thymeless Cooking Club [DH] 3:30 • Manicures [ACT] 2:30 Thymeless Cooking Club [DH] 1:30 • Coffee and Chat [DH] 1:30 Bookmarks [NW] • FEEL 3:30 • Painting pumpkins contest 2:30 | Thymeless Garden Club 4:00 • Coloring Pictures/ Puzzles 3:00 • Animal Treats for Local Shelter 2:30 | Thymeless Cooking Club 2:30 | Thymeless Cooking Club GROW [TG] [ACT] 3:00 Saturday Matinee [LR] 4:00 • Active Games [ACT] 6:30 Family Feud [LR] 4:00 • Dominos [ACT] 3:00 • Dominos [ACT] 6:30 • Puzzles & Word Search 3:30 • Beanbag Toss [DH] 3:00 Neighborhood Walk MOVE 6:30 👺 Wheel of Fortune [LR] 6:30 • Bewitched (Episodes) [LR] 4:00 • Arts and Crafts [ACT] [ACT] 4:00 • Bingo [DH] 4:00 • Welcome Wagon [ACT] REFLECT 6:30 • The Andy Griffith Show 6:30 • Sunday Evening Social [MCP] 6:30 • I Love Lucy [LR] [LR] Alaska Day **National New Friends Day** International Chefs Day National Medical Assistant **National Nut Day National Pasta Day** 9:30 • Walk it While 9:30 • Chair Dancing 9:30 • Chair yoga [ACT] 9:30 • Let's Shake it! [ACT] 9:30 • Chair Exercise [ACT] 9:30 • Morning Stretches you Talk it! 10:00 🍴 Thymeless Garden 10:00 🍴 Thymeless Garden 10:00 🍴 Thymeless Garden 9:30 • Stretching to the 10:00 | Thymeless Club [Outdoors] Club [Outdoors] Club [Outdoors] 10:00 🍴 Thymeless Garden Club 10:00 🍴 Thymeless Garden Club classics [DH] Garden Club [Outdoors] 10:30 • Morning Stroll 10:30 • This Day In History [ACT] 10:30 • let's go for a walk [Outdoors] [Outdoors] 10:30 🍴 Thymeless Cooking Club [DH] 10:30 • Ring Toss [ACT] 1:00 • The Daily Chronicle [ACT] 11:00 • Bowling [DH] 11:30 👺 Live Music with Phil Hall-10:30 • Animals-Trivia [ACT] 10:30 😤 Spooky movie Sunday-11:00 • Basketball [DH] 11:00 😤 Arts and Crafts [ACT] 1:30 👺 Social Group [MCP] 1:30 • Beautiful Nails [ACT] Accordion [DH] Haunted Mansion [LR] 11:00 • soccer Game [DH] 1:30 • Hand Massage [ACT] 2:30 | Thymeless Cooking Club [DH] 2:30 Thymeless Cooking Club 2:30 | Thymeless Cooking Club [DH] 1:30 • Chicken Soup for the Soul [Z] 1:30 • Coffee and Chat [DH] 1:30 Bookmarks [NW] 2:30 Thymeless Garden Club [TG] **Location Keys** 3:00 Trumpet Player [DR] 3:00 • Animal Treats for Local Shelter 2:30 | Thymeless Cooking Club [DH] 2:30 | Thymeless Cooking Club 2:30 | Thymeless Cooking Club 3:00 • Dominos [ACT] 3:30 Manicures [ACT] 3:00 Saturday Matinee [LR] **Dining Room First Floor** 3:00 • Painting Group [ACT] 4:00 • Arts and Crafts [ACT] 4:00 • Coloring Pictures/ Puzzles [ACT] 4:00 🎖 Painting pumpkins contest [DH] 4:00 • Active Games [ACT] 6:30 • Puzzles & Word Search **Garden Station** Outdoors 3:30 • Beanbag Toss [DH] 3:00 Neighborhood Walk 6:30 • The Andy Griffith Show [LR] 6:30 Family Feud [LR] 6:30 • Bewitched (Episodes) [LR] 6:30 \* Wheel of Fortune [LR] [ACT] 4:00 • Bingo [DH] 4:00 • Welcome Wagon [ACT] MC Activities Room **ACT** 6:30 • Sunday Evening Social [MCP] 6:30 • I Love Lucy [LR] MC Dining Hall DH MC Living Room LR \*SLC Spirit Week **United National Day** \*SLC Spirit Week 25 Hat Day \*SLC Spirit Week \*SLC Spirit Week \*SLC Spirit Week 9:30 • Walk it While you 26 Sports Fans MC Patio MCP / Crazy Socks Talk it! Costume Day 9:30 • Chair Dancing Tie Dye Day Northwest Den NW 9:30 • Chair Exercise [ACT] 10:00 Thymeless 9:30 • Chair yoga [ACT] 9:30 • Let's Shake it! [ACT] 9:30 • Morning Stretches 9:30 • Stretching to the 10:00 🍴 Thymeless Garden Club **Garden Club** 10:00 Thymeless Garden Club 10:00 🍴 Thymeless Garden Club 10:00 | Thymeless Garden Club Outdoor Patio 1st Floor OP1 classics [DH] [Outdoors] Outdoors [Outdoors] 10:00 🍴 Thymeless Garden Club [Outdoors] [Outdoors] 10:30 Thymeless Cooking Club [DH] Thymeless Garden TG 10:30 Morning Stroll 10:30 • Ring Toss [ACT] [Outdoors] 10:30 👺 Spooky movie Sunday- Coco 10:30 • This Day In History [ACT] 10:30 👺 Do you remember ? [ACT] 11:00 • Basketball [DH] 1:00 • The Daily Chronicle [ACT] Zen Den 11:00 • Bowling [DH] 11:00 • let's go for a walk 10:30 • Animals-Trivia [ACT] 11:00 • Trivia [ACT]

11:00 • soccer Game [DH]

1:30 Bookmarks [NW]

6:30 • I Love Lucy [LR]

3:00 Neighborhood Walk

4:00 • Welcome Wagon [ACT]

2:30 | Thymeless Cooking Club [DH]

1:30 • Chicken Soup for the Soul [Z]

2:30 | Thymeless Cooking Club [DH]

3:00 • Painting Group [ACT]

4:00 • Active Games [ACT]

6:30 Wheel of Fortune [LR]

1:30 • Beautiful Nails [ACT]

4:00

2:30 | Thymeless Cooking Club [DH]

3:00 • Animal Treats for Local Shelter

Make tie dye [DH]

6:30 • Bewitched (Episodes) [LR]

1:30 • Coffee and Chat [DH]

3:30 • Beanbag Toss [DH]

4:00 • Bingo [DH]

2:30 | Thymeless Cooking Club

6:30 • Sunday Evening Social [MCP]

1:30 • Hand Massage [ACT]

4:00 • Arts and Crafts [ACT]

3:00 • Dominos [ACT]

2:30 Thymeless Garden Club [TG]

6:30 • The Andy Griffith Show [LR]

1:30 Social Group [MCP]

3:30 • Manicures [ACT]

6:30 Ramily Feud [LR]

2:30 | Thymeless Cooking Club [DH]

4:00 • Coloring Pictures/ Puzzles [ACT]

2:30 | Thymeless Cooking Club

6:30 • Puzzles & Word Search [ACT]

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3:00 Saturday Matinee [LR]