

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



"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

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

LOCATIONS

- Activity Rm FL1-AR1
- Activity Rm FL2 - AR2
- Activity RM FL 1/2-AR1/2
- Courtyard - CY
- Dining Room - DR
- Dining Room FL 1/2-DR1/2
- Library FL1-LB1
- Library FL2-LB2
- Sun Rm FL1-SR1
- Sun Rm FL2-SR2

BIRTHDAYS THIS MONTH

- Dale L. - 10/7
- Dr. Kit - 10/16
- Don F. - 10/24
- Virginia D. - 10/28
- Mary Lou S. - 10/28

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>8:30 ● Breakfast [DR1/2]</p> <p>10:00 ● Coffee Club/Daily Chronicles/Daily Stretch [AR2]</p> <p>10:00 ● Sunday Stretch [AR1]</p> <p>11:00 ● Sunday Message [AR1/2]</p> <p>12:00 ● Lunch</p> <p>2:00 ● Sunday Sundae & Matinee [AR1/2]</p> <p>03:00 ● Snacks/Refreshments [AR1/2]</p> <p>4:00 ● Karaoke [AR1/2]</p> <p>5:00 ● Dinner</p>	<p>8:30 ● Breakfast [DR1/2]</p> <p>10:00 ● Coffee Club/Daily Chronicles/Daily Stretch [AR2]</p> <p>10:00 ● Monday Movement [AR1]</p> <p>12:00 ● Lunch</p> <p>2:00 ● Mani Monday [AR1/2]</p> <p>03:00 ● Snacks/Refreshments [AR1/2]</p> <p>3:30 ● Remembering a Walk in the Woods [AR1/2]</p> <p>4:30 ● In2L Challenges [AR1/2]</p> <p>5:00 ● Dinner</p>	<p>8:30 ● Breakfast [DR1/2]</p> <p>10:00 ● Coffee Club/Daily Chronicles/Daily Stretch [AR2]</p> <p>10:00 ● Tuesday Toning [AR1]</p> <p>12:00 ● Lunch</p> <p>2:00 ● Can You Picture This? [AR1/2]</p> <p>03:00 ● Nat'l Eat Fruit Day - Snacks/Refreshments [AR1/2]</p> <p>3:30 ● Junk Drawer Detective [AR1/2]</p> <p>4:30 ● Karaoke [AR1/2]</p> <p>5:00 ● Dinner</p>	<p>8:30 ● Breakfast [DR1/2]</p> <p>10:00 ● Coffee Club/Daily Chronicles/Daily Stretch [AR2]</p> <p>10:00 ● Stretch & Flex [AR1]</p> <p>12:00 ● Lunch</p> <p>2:00 ● Exploring Italy [AR1/2]</p> <p>03:00 ● Snacks/Refreshments [AR1/2]</p> <p>4:00 ● IN2L Challenges [AR1/2]</p> <p>4:30 ● Karaoke [AR1/2]</p> <p>5:00 ● Dinner</p>	<p>8:30 ● Breakfast [DR1/2]</p> <p>10:00 ● Coffee Club/Daily Chronicles/Daily Stretch [AR2]</p> <p>10:00 ● Sit & Fit [AR1]</p> <p>12:00 ● Lunch</p> <p>2:00 ● BINGO [AR1/2]</p> <p>03:00 ● Snacks/Refreshments [AR1/2]</p> <p>4:00 ● IN2L Challenges [AR1/2]</p> <p>5:00 ● Dinner</p>	<p>8:30 ● Breakfast [DR1/2]</p> <p>10:00 ● Ballercise [AR1]</p> <p>10:00 ● Coffee Club/Daily Chronicles/Daily Stretch [AR2]</p> <p>12:00 ● Lunch</p> <p>2:00 ● Thymeless Program - Gardening [CY]</p> <p>03:00 ● Snacks/Refreshments [AR1/2]</p> <p>3:30 ● Wheel of Fun/Dart Ball Games [AR1/2]</p> <p>4:30 ● Karaoke [AR1/2]</p> <p>5:00 ● Dinner</p>	<p>8:30 ● Breakfast [DR1/2]</p> <p>10:00 ● Coffee Club/Daily Chronicles/Daily Stretch [AR2]</p> <p>10:00 ● Saturday Stretch [AR1]</p> <p>12:00 ● Lunch</p> <p>2:00 ● Name 10 game [AR1/2]</p> <p>03:00 ● Snacks/Refreshments [AR1/2]</p> <p>3:30 ● Name that Sound [AR1/2]</p> <p>4:30 ● Karaoke [AR1/2]</p> <p>5:00 ● Dinner</p>
<p>8:30 ● Breakfast [DR1/2]</p> <p>10:00 ● Coffee Club/Daily Chronicles/Daily Stretch [AR2]</p> <p>10:00 ● Sunday Stretch [AR1]</p> <p>11:00 ● Sunday Message [AR1/2]</p> <p>12:00 ● Lunch</p> <p>2:00 ● Sunday Sundae & Matinee [AR1/2]</p> <p>03:00 ● Snacks/Refreshments [AR1/2]</p> <p>4:00 ● Karaoke [AR1/2]</p> <p>5:00 ● Dinner</p>	<p>Columbus Day</p> <p>8:30 ● Breakfast [DR1/2]</p> <p>10:00 ● Coffee Club/Daily Chronicles/Daily Stretch [AR2]</p> <p>10:00 ● Monday Movement [AR1]</p> <p>12:00 ● Lunch</p> <p>2:00 ● Mani Monday [AR1/2]</p> <p>03:00 ● Snacks/Refreshments [AR1/2]</p> <p>3:30 ● Columbus Day Facts & Fiction [AR1/2]</p> <p>4:00 ● Columbus Word Games [AR2]</p> <p>5:00 ● Dinner</p>	<p>8:30 ● Breakfast [DR1/2]</p> <p>10:00 ● Coffee Club/Daily Chronicles/Daily Stretch [AR2]</p> <p>10:00 ● Tuesday Toning [AR1]</p> <p>12:00 ● Lunch</p> <p>2:00 ● Nurse Bob Entertainment/ You Tube [AR1]</p> <p>03:00 ● Snacks/Refreshments [AR1/2]</p> <p>3:30 ● Painting/Creative Coloring [AR1/2]</p> <p>5:00 ● Dinner</p>	<p>8:30 ● Breakfast [DR1/2]</p> <p>10:00 ● Coffee Club/Daily Chronicles/Daily Stretch [AR2]</p> <p>10:00 ● Stretch & Flex [AR1]</p> <p>12:00 ● Lunch</p> <p>2:00 ● Exploring Italy [AR1/2]</p> <p>03:00 ● Snacks/Refreshments [AR1/2]</p> <p>4:00 ● IN2L Challenges [AR1/2]</p> <p>4:30 ● Karaoke [AR1/2]</p> <p>5:00 ● Dinner</p>	<p>8:30 ● Breakfast [DR1/2]</p> <p>10:00 ● Coffee Club/Daily Chronicles/Daily Stretch [AR2]</p> <p>10:00 ● Sit & Fit [AR1]</p> <p>12:00 ● Lunch</p> <p>2:00 ● BINGO [AR1/2]</p> <p>03:00 ● Snacks/Refreshments [AR1/2]</p> <p>4:30 ● IN2L Challenges [AR1/2]</p> <p>5:00 ● Dinner</p>	<p>8:30 ● Breakfast [DR1/2]</p> <p>10:00 ● Ballercise [AR1]</p> <p>10:00 ● Coffee Club/Daily Chronicles/Daily Stretch [AR2]</p> <p>12:00 ● Lunch</p> <p>2:00 ● Thymeless Program - Gardening [CY]</p> <p>03:00 ● Snacks/Refreshments [AR1/2]</p> <p>3:30 ● The Science Behind The Blob [AR1/2]</p> <p>5:00 ● Dinner</p>	<p>8:30 ● Breakfast [DR1/2]</p> <p>10:00 ● Coffee Club/Daily Chronicles/Daily Stretch [AR2]</p> <p>10:00 ● Saturday Stretch [AR1]</p> <p>12:00 ● Lunch</p> <p>2:00 ● Ring Toss/ Bean Bag Toss games [AR1/2]</p> <p>03:00 ● Snacks/Refreshments [AR1/2]</p> <p>3:30 ● Memory Ball [AR1/2]</p> <p>4:30 ● Karaoke [AR1/2]</p> <p>5:00 ● Dinner</p>
<p>8:30 ● Breakfast [DR1/2]</p> <p>10:00 ● Coffee Club/Daily Chronicles/Daily Stretch [AR2]</p> <p>10:00 ● Sunday Stretch [AR1]</p> <p>11:00 ● Sunday Message [AR1/2]</p> <p>12:00 ● Lunch</p> <p>2:00 ● Sunday Sundae & Matinee [AR1/2]</p> <p>03:00 ● Snacks/Refreshments [AR1/2]</p> <p>4:00 ● Karaoke [AR1/2]</p> <p>5:00 ● Dinner</p>	<p>8:30 ● Breakfast [DR1/2]</p> <p>10:00 ● Coffee Club/Daily Chronicles/Daily Stretch [AR2]</p> <p>10:00 ● Monday Movement [AR1]</p> <p>12:00 ● Lunch</p> <p>2:00 ● Mani Monday [AR1/2]</p> <p>03:00 ● Birthday Bash - Cake/Refreshments [AR1/2]</p> <p>3:45 ● Ladies Club [AR1]</p> <p>3:45 ● Mens Club [AR2]</p> <p>5:00 ● Dinner</p>	<p>8:30 ● Breakfast [DR1/2]</p> <p>10:00 ● Coffee Club/Daily Chronicles/Daily Stretch [AR2]</p> <p>10:00 ● Tuesday Toning [AR1]</p> <p>12:00 ● Lunch</p> <p>2:00 ● Match Up Games - Music</p> <p>03:00 ● Snacks/Refreshments [AR1/2]</p> <p>3:30 ● Cat Paw Ball [AR1/2]</p> <p>4:30 ● Karaoke [AR1/2]</p> <p>5:00 ● Dinner</p>	<p>8:30 ● Breakfast [DR1/2]</p> <p>10:00 ● Coffee Club/Daily Chronicles/Daily Stretch [AR2]</p> <p>10:00 ● Stretch & Flex [AR1]</p> <p>12:00 ● Lunch</p> <p>2:00 ● Exploring Italy [AR1/2]</p> <p>03:00 ● Snacks/Refreshments [AR1/2]</p> <p>4:00 ● IN2L Challenges [AR1/2]</p> <p>4:30 ● Karaoke [AR1/2]</p> <p>5:00 ● Dinner</p>	<p>8:30 ● Breakfast [DR1/2]</p> <p>10:00 ● Coffee Club/Daily Chronicles/Daily Stretch [AR2]</p> <p>10:00 ● Sit & Fit [AR1]</p> <p>12:00 ● Lunch</p> <p>2:00 ● BINGO [AR1/2]</p> <p>03:00 ● Snacks/Refreshments [AR1/2]</p> <p>4:00 ● National Dog Day Celebration [AR1/2]</p> <p>4:30 ● Karaoke [AR1/2]</p> <p>5:00 ● Dinner</p>	<p>8:30 ● Breakfast [DR1/2]</p> <p>10:00 ● Ballercise [AR1]</p> <p>10:00 ● Coffee Club/Daily Chronicles/Daily Stretch [AR2]</p> <p>12:00 ● Lunch</p> <p>2:00 ● Thymeless Program - Gardening [CY]</p> <p>03:00 ● Snacks/Refreshments [AR1/2]</p> <p>3:30 ● Pumpkin Carving/Decorating [AR1/2]</p> <p>5:00 ● Dinner</p>	<p>8:30 ● Breakfast [DR1/2]</p> <p>10:00 ● Coffee Club/Daily Chronicles/Daily Stretch [AR2]</p> <p>10:00 ● Saturday Stretch [AR1]</p> <p>12:00 ● Lunch</p> <p>2:00 ● Creative Coloring/Painting [AR1/2]</p> <p>03:00 ● Snacks/Refreshments [AR1/2]</p> <p>3:30 ● IN2L Challenges [AR1/2]</p> <p>4:30 ● Karaoke [AR1/2]</p> <p>5:00 ● Dinner</p>
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