

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2019 Fabulous Assisted Living!		1 10:00 Move & Groove Exercise-3LR 10:30 Chair Yoga!- 3LR 1:30 Afternoon Movie "West Side Story" -EC 3:45 Catholic Service-L- 4:15 Balloon Volleyball –EC	2 10:00 Residents' Council Meeting- all residents are welcome – EC 11:00 Reminisce w Elaine- L 1:00 Bingo-50¢ per card –EC 2:30 PUBLIX- sign up! Be in Lobby at 2:10 4:00 Balloon Volleyball- EC	3 10:00 Move & Groove Chair Exercise to Music - 3LR 11:00 Manicures-L 2:15 Music Hour with Alan Souza! - DR 4:00 Bocce Ball!–EC	4 10:00 Move & Groove Chair Exercise to Music - 3LR 11:00 Feather Your Nest! Bring \$1 -EC 1:00 Bingo-Candy-EC 3:30 Social Get Together -OP 4:30 Men's Group -L 6:30 Chat Group – L	5 11:00 Movement Magic with Mike -3LR 1:00 Bingo 50¢ per card- EC 3:30 WII Bowling-2LR (Resident self-directed) 6:30 High Seas (Netflix) S1E5
6 9:00 COH Traditional Service 9:00 Church of the Palms Service- Channel 189- L 10:00 Self-Directed Exercise-3LR 10:30 Little Trio +1 –DR 11-12 Manicures - EC 2-4:30 Rummikub, Resident led, 2LR 3:00 Arts and Crafts-EC 6:30 Sunday Night Netflix Movie-L	7 10:00 Wheelie Wash- Sign Up- Lobby! 10:00 Self-Directed Exercise- 3FL 11:00 Lunch Bunch- First Watch 1:00 Bingo 50¢-EC 2:30 Trip to Walmart 3:30 Social Get Together- OP 4:30 Church of Hope Hymns in the Word with Pastor Peter-EC	8 Happy Birthday Nancy S. 10:00 Move & Groove Chair Exercise to Music - 3LR 10:30 Chair Yoga!- 3LR 1:30 Afternoon Movie "Ghostbusters" -EC 3:45 Catholic Service-L- 4:15 Balloon Volleyball –EC	9 10:00 Move & Groove Chair Exercise to Music - 3LR 11:00 Yahtzee- Porch 1:00 Bingo 50¢ per card-EC 2:30 PUBLIX- sign up! Be in Lobby at 2:10 4:00 Cornhole Bean Bag Toss!-EC <small>Yom Kippur</small>	10 10:00 Move & Groove Chair Exercise to Music - 3LR 11:00 Manicures-L 2:15 Music Hour and Refreshments with Bobby & Brenda! - EC 4:00 Bocce Ball!–EC	11 10:00 Move & Groove Chair Exercise to Music - 3LR 11:00 Feather Your Nest! Bring \$1 -EC 1:00 Bingo-Candy-EC 3:30 Social Get Together-OP 6:30 Chat Group - L	12 11:00 Movement Magic with Mike -3LR 1:00 Bingo 50¢ per card- EC 3:30 WII Bowling-2LR (Resident self-directed) 6:30 High Seas (Netflix) S1E6
13 9:00 COH Traditional Service 9:00 Church of the Palms Service- Channel 189- L 10:00 Self-Directed Exercise-3LR 11-12 Manicures - EC 2-4:30 Rummikub, Resident led, 2LR 3:00 Arts and Crafts-EC 6:30 Sunday Night Netflix Movie-L	14 10:00 Move & Groove Chair Exercise to Music - 3LR 1:00 Bingo 50¢-EC 1:00 Dermatology- by appt- Salon 2:30 Trip to Dollar Tree 3:30 Social Get Together- OP 4:30 Church of Hope Hymns in the Word with Pastor Peter-EC <small>Columbus Day (US) Thanksgiving Day (Canada) Sukkot</small>	15 10:00 Move & Groove Chair Exercise to Music - 3LR 10:30 Chair Yoga!- 3LR 1:30 Afternoon Movie "Beetlejuice" -EC 3:45 Catholic Service-L- 4:15 Balloon Volleyball –EC	16 Happy Birthday Lois W. 10:00 Move & Groove Chair Exercise to Music - 3LR 11:00 3-Foot Group Crossword Puzzle- EC 1:00 Bingo 50¢ per card-EC 1:30 -4:30 Dr. Susan Schnack, Audiologist appointments, Salon Sign Up for Appointment 2:30 PUBLIX- sign up! Be in Lobby at 2:10 4:00 Balloon Volleyball!-EC	17 10:00 Move & Groove Chair Exercise to Music - 3LR 10:00 Alz. Support Group- L 11:00 Manicures - EC 2:15 Music Hour with Sparrow! EC 3:15 Ice Cream Truck- front of building 4:00 Bocce Ball!–EC	18 10:00 Move & Groove Chair Exercise to Music - 3LR 11:00 Feather Your Nest! Bring \$1 -EC 1:00 Bingo-Candy-EC 3:30 Social Get Together-OP 6:30 Chat Group - L	19 11:00 Movement Magic with Mike -3LR 1:00 Bingo 50¢ per card- EC 3:30 WII Bowling-2LR (Resident self-directed) 6:30 High Seas (Netflix) S1E7
20 Happy Birthday Margaret E. 9:00 COH Traditional Service 9:00 Church of the Palms Service- Channel 189- L 10:00 Self-Directed Exercise-3LR 10:30 Little Trio +1 –DR 11-12 Manicures - EC 2-4:30 Rummikub, Resident led, 2LR 3:00 Arts and Crafts-EC 6:30 Sunday Night Netflix Movie-L	21 10:00 Move & Groove Chair Exercise to Music - 3LR 1:00 Bingo 50¢-EC 2:30 Trip to Target 3:30 Social Get Together- OP 4:30 Church of Hope Hymns in the Word with Pastor Peter-EC	22 10:00 Catholic Service w/ Father Celestino - Library 10:30 Chair Yoga!- 3LR 1:30 Afternoon Movie "POMS" -EC 4:15 Balloon Volleyball –EC 6:00 The Players- The Fantasticks <small>Simchat Torah</small>	23 10:00 Move & Groove Chair Exercise to Music - 3LR 11:00 Scrabble- Porch 1:00 Bingo 50¢ per card-EC 2:30 PUBLIX- sign up! Be in Lobby at 2:10 4:00 Cornhole Bean Bag Toss!-EC	24 10:00 Move & Groove Chair Exercise to Music - 3LR 11:00 Manicures-L 2:15 Music Hour Birthday Extravaganza with Duane Freeman! – EC 3:30 Pat Annie the Therapy Dog!- Lobby 4:00 Bocce Ball!–EC	25 10:00 Move & Groove Chair Exercise to Music - 3LR 11:00 Feather Your Nest! Bring \$1 -EC 1:00 Bingo-Candy-EC 3:30 Social Get Together-OP 6:30 Chat Group – L	26 11:00 Movement Magic with Mike -3LR 1:00 Bingo 50¢ per card- EC 3:30 WII Bowling-2LR (Resident self-directed) 6:30 High Seas (Netflix) S1E8
27 9:00 COH Traditional Service 9:00 Church of the Palms Service- Channel 189- L 10:00 Self-Directed Exercise-3LR 11-12 Arts and Crafts with Elaine -EC Room 2-4:30 Rummikub, Resident led, 2LR 6:30 Sunday Night Netflix Movie-L	28 10:00 Move & Groove Chair Exercise to Music - 3LR 1:00 Bingo 50¢-EC 2:30 Joyride & Ice Cream 3:30 Social Get Together- OP 4:30 Church of Hope Hymns in the Word with Pastor Peter-EC	29 10:00 Move & Groove Chair Exercise to Music - 3LR 10:30 Chair Yoga!- 3LR 1:30 Afternoon Movie "Hocus Pocus" -EC 3:45 Catholic Service-L- 4:15 Balloon Volleyball –EC	30 10:00 Move & Groove Chair Exercise to Music - 3LR 11:00 Word in a Word Game-EC 1:00 Bingo 50¢ per card-EC 2:30 PUBLIX- sign up! Be in Lobby at 2:10 4:00 Balloon Volleyball!-EC 6:00-7:00 Trick or Treat with Residents!	31 10:00 Move & Groove Chair Exercise to Music - 3LR 11:00 Manicures-L 2:15 Howl in One Halloween Golf Party with Brad Knight!- EC Room 4:00 Bocce Ball!–EC <small>Halloween</small>		